

PRIMITIVE PHYSIC:
OR,
AN EASY AND NATURAL METHOD
OF
CURING MOST DISEASES.

BY JOHN WESLEY, M. A.

Homo sum ; humani nihil a me alienum puto.

THE TWENTY-FOURTH EDITION.

REVISED AND ENLARGED.

BY WILLIAM M. CORNELL, A. M., M. D.

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PREFACE.

WHEN man came first out of the hands of the great Creator, clothed in body as well as in soul, with immortality and incorruption, there was no place for physic, or the art of healing. As he knew no sin, so he knew no pain, no sickness, weakness, or bodily disorder. The habitation wherein the angelic mind, the Divinæ particula Auræ abode, though originally formed out of the dust of the earth, was liable to no decay. It had no seeds of corruption or dissolution within itself. And there was nothing without to injure it: Heaven and earth and all the hosts of them were mild, benign and friendly to human nature. The entire creation was at peace with man, so long as man was at peace with his Creator. So that well might “the morning stars sing together, and all the sons of God shout for joy.”

2. But since man rebelled against the Sovereign of heaven and earth, how entirely is the scene changed! The incorruptible frame hath put on corruption, the immortal has put on mortality. The seeds of weakness and pain, of sickness and death, are now lodged in our inmost substance; whence a thousand disorders continually spring, even without the aid of external violence. And how is the number of these increased by every

thing round about us ! The heavens, the earth, and all things contained therein, conspire to punish the rebels against their Creator. The sun and moon shed unwholesome influences from above ; the earth exhales poisonous damps from beneath ; the beasts of the field, the birds of the air, the fishes of the sea, are in a state of hostility : the air itself that surrounds us on every side, is replete with the shafts of death : yea, the food we eat, daily saps the foundation of the life which cannot be sustained without it. So has the Lord of all secured the execution of his decree,—“ Dust thou art, and unto dust thou shalt return.”

3. But can there nothing be found to lessen those inconveniences, which cannot be wholly removed ? To soften the evils of life, and prevent in part the sickness and pain to which we are continually exposed ? Without question there may. One grand proventative of pain and sickness of various kinds, seems intimated by the great Author of nature in the very sentence that intails death upon us : “ In the sweat of thy face shalt thou eat bread, till thou return to the ground.” The power of exercise, both to preserve and restore health, is greater than can well be conceived ; especially in those who add temperance thereto ; who if they do not confine themselves altogether to eat either “ bread or the herb of the field.” (which God does not require them to do) yet steadily observe both that kind and measure of food, which experience shews to be most friendly to strength and health.

4. 'Tis probable, physic, as well as religion, was in the first ages chiefly traditional : every father delivering down to his sons, what he had himself in like manner received, concerning the manner of healing both outward hurts, and the diseases incident to each climate, and the medicines which were of the greatest efficacy for the cure of each disorder. 'Tis certain, this is the method wherein the art of healing is preserved among the Americans to this day. Their diseases are exceeding few ; nor do they often occur, by reason of their continual exercise, and (till of late) universal temperance. But if any are sick, or bit by a serpent, or torn by a wild beast, the fathers immediatly tell their children what remedy to apply. And 'tis rare that the patient suffers long ; those medicines being quick, as well as, generally, infallible.

5. Hence it was, perhaps, that the ancients, not only of Greece and Rome, but even of barbarous nations, usually assigned physic a divine original. And indeed it was a natural thought, that HE who had taught it to the very beasts and birds, the Cretan Stag, the Egyptian Ibis, could not be wanting to teach man,

Sanctius his animal, mentisque capacius altæ :

Yea, sometimes even by those meaner creatures : for it was easy to infer, “ If this will heal that creature, whose flesh is nearly of the same texture with mine, then, in a parallel caso it will heal me.” The trial was made : the cure was wrought : and experience and physic grew up together.

6. As to the manner of using the medicines here set down, I should advise. As soon as you know your distemper, (which is very easy, unless in a complication of disorders, and then you would do well to apply to a physician that fears God :) *First*, Use the first of the remedies for that disease, which occurs in the ensuing collection ; (unless some other of them be easier to be had, and then it may do just as well.) *Secondly*, After a competent time, if it takes no effect, use the second, the third, and so on. I have purposely set down (in most cases) several remedies for each disorder ; not only because all are not equally easy to be procured, at all times, and in all places : but likewise the medicine that cures one man, will not always cure another of the same distemper. Nor, will it cure the same man at all times. Therefore it was necessary to have a variety. *Thirdly*. Observe all the time the greatest exactness in your regimen or manner of living. Abstain from all mixed, all high seasoned food. Use plain diet, easy of digestion ; and this as sparingly as you can, consistent with ease and strength. Drink only water, if it agrees with your stomach ; if not, good, clear small beer. Use as much exercise daily in the open air, as you can without weariness. Sup at six or seven on the lightest food ; go to bed early, and rise betimes. To persevere with steadiness in this course, is often more than half the cure. Above all, add to the rest, (for it is not labour lost) that old unfashionable medicine, prayer.

And have faith in God who “*killeth and maketh alive, who bringeth down to the grave, and bringeth up.*”

7. For the sake of those who desire, through the blessing of God, to retain the health which they have recovered, I have added a few plain, easy rules, chiefly transcribed from Dr. Cheyne.

I. 1. The air we breathe is of great consequence to our health. Those who have been long abroad in easterly or northerly winds, should drink some thin and warm liquor going to bed, or a draught of toast and water.

2. Tender people should have those who lie with them, or are much about them, sound, sweet, and healthy.

3. Every one that would preserve health, should be as clean and sweet as possible in their houses, clothes, and furniture.

II. 1. The great rule of eating and drinking, is, To suit the quality and quantity of the food to the strength of our digestion; to take always such a sort and such a measure of food, as sits light and easy on the stomach.

2. All pickled, or smoked, or salted food, and all high-seasoned, are alone unfit for aliment.

3. Nothing conduces more to health, than abstinence and plain food, with due labour.

4. For studious persons, about eight ounces of animal food, and twelve of vegetable, in twenty-four hours, are sufficient.

5. Water, though the wholesomest of all drinks, yet if used largely in time of digestion, is injurious.

6. Strong, and more especially spirituous liquors, are a certain, though slow, poison, unless well diluted, and cautiously used.

7. Experience shews there is very seldom any danger in leaving them off all at once ; unless in time of particular diseases, as of debility.

8. Strong liquors do not prevent the mischiefs of a surfeit, nor carry it off so safely as water.

9. Malt liquors (except clear small beer, or small ale, of a due age) are exceeding hurtful to tender persons.

10. Coffee and tea are extremely hurtful to persons who have weak nerves.

III. 1. All persons should eat very light suppers ; and that two or three hours before going to bed.

2. To go to bed about nine, and rise at five, should be a general practice.

IV. 1. A due degree of exercise is indispensably necessary to health and long life.

2. Walking is the best exercise for those who are able to bear it ; riding for those who are not. The open air, when the weather is fair, contributes much to the benefit of exercise

3. We may strengthen any weak part of the body by constant exercise. Thus the lungs may be strengthened by moderate speaking ; the digestion and the nerves, by riding ; the arms and hams, by strongly rubbing them daily.

4. The studious ought to have stated times for exercise, at least two or three hours a-day : the one half of this before dinner, the other before going to bed.

5. They should frequently shave, and frequently wash their feet in cold water.

6. Those who read or write much, should learn to do it chiefly standing ; otherwise it will impair their health.

7. The fewer clothes any one uses, by day or night, the harder he will be ; but the habit must be begun in youth.

8. Exercise, first, should be always on an empty stomach ; secondly, should never be continued to weariness ; thirdly, after it, we should take care to cool by degrees : otherwise we shall catch cold.

9. The flesh-brush is a most useful exercise, especially to strengthen any part that is weak.

10. Cold bathing is of great advantage to health : it prevents abundance of diseases. It promotes perspiration, helps the circulation of the blood, and prevents the danger of catching cold. Tender people should pour water upon the head before they go in, and walk in swiftly. To jump in with the head foremost, is too great a shock to nature. It is best to use it immediately after rising.

V. 1. Costiveness cannot long consist with health. Therefore care should be taken to remove it at the beginning by a gentle medicine ; and when it is removed, to prevent its return, by soft, cool, open diet ; as of vegetables, acid or sweet.

2. Obstructed perspiration (vulgarly called catching cold) is one great source of diseases. Whenever there appears the least sign of this, let it be removed by gentle sweats, or purges.

VI. 1. The passions have a greater influence on health, than most people are aware of.

2. All violent and sudden passion disposes to, or actually throws people into, acute diseases.

3. The slow and lasting passions; such as grief and hopeless love, bring on chronic diseases, and low fevers.

4. Till the passion, which caused the disease, is calmed, medicine is applied in vain.

5. The love of God, as it is the sovereign remedy of all miseries, so in particular it effectually prevents all the bodily disorders the passions introduce, by keeping the passions themselves within due bounds. And by the unspeakable joy, and perfect calm, serenity, and tranquillity it gives the mind, it becomes the most powerful of all the means of health and long life.

LONDON JUNE 11, 1747.

TO THE MEMBERS OF THE METHODIST EPISCOPAL CHURCH.

FRIENDS AND BRETHREN.

THE grand interests of your souls will ever lie near our hearts ; but we cannot be unmindful of your bodies. In several parts of this extensive country, the climate, and in others the food, is unwholesome : and frequently, the physicians are few, some of them unskilful, and all of them beyond the reach of your temporal abilities. A few small publications excepted, little has been done by physieal books, in order to remove these inconveniencies : and even those have been written in Europe, and do therefore partake of the confined ideas of the writers, who could not possibly be fully acquainted with the peculiarities of the various diseases incident to a people that inhabit a country so remote from theirs.

Simple remedies are in general the most safe for simple disorders, and sometimes do wonders under the blessing of God. In this view we present to you now *the primitive physic* published by our much honoured friend *John Wesley*. But the difference being in many respects great between this country and England, in regard to climate, the constitution of patients, and even the qualities of the same simples,—we saw it necessary for you, to have it revised by physicians practising in this country, who at our request have added cautionary, and explanatory notes where they were necessary, with some additional receipts suitable to the climate.

We remain, dear brethren, as ever,

Your faithful pastors,

THOMAS COKE,

FRANCIS ASBURY.

PREFACE BY THE AMERICAN COMPILER.

IN this little work, Mr. Wesley, that wonderful man, whose life was spent in efforts chiefly to benefit the *souls* of mankind, turned aside from that principal object, to look after their *bodies*. This showed his wisdom, as well as his benevolence. No man can understand the management of the mind, who is ignorant of the reciprocal agency of the mind and body. Had clergymen studied diseased *bodies* more, they would have known better how to have managed diseased *minds*.

Further, in striving to cure the diseases of the body, this eminent minister of the gospel only walked in the footsteps of his great Master, "who went about doing good, healing all manner of diseases among the people;" and of his apostles. Well might we feel proud to follow such illustrious and sacred examples. It has been doubted by some whether severing the clerical from the medical profession, (as it always was united in one, both among the Jews, under "Moses and the Prophets," and under Christ and his Apostles, and after them, for at least the first ten centuries of the Christian era,) has not retarded the progress of the gospel, by barring many of the avenues to the hearts of men, through which, the gospel formerly gained access. Do good to a man's *body*, and you open a passage to his *heart*.

In this way, the gospel first gained access to men. The modern missionaries have thus gained access to the heathen. Thus, Dr. Grant, with his cataract needle, and Dr. Parker, with his scalpel and medicine-case, passed freely into houses and hearts, where no mere clerical man could have entered.

Mr. Wesley acted upon this principle, and hundreds of clergymen, not only before his day, but since, have acted upon the same principle. The good Methodist bishops, whose names are attached to the republication and recommendation of the work to their brethren in this country, acted upon the same principle; and no inconsiderable number of the clergymen, who lived in the early settlement of Massachusetts, and of the rest of this country, walked in the same steps. The Preface, by Mr. Wesley, is one of the best sermons he ever wrote or preached, to promote the well-being of both body and soul. The present compiler has made some addition to Mr. Wesley's recipes, and those of the American Bishops, Coke and Asbury, bringing down the remedies for diseases, more closely with present modes of treatment by the medical Faculty. These additions by the present Editor, are placed *after* the Recipes by Mr. Wesley, and those, by the authority of the above named Bishops, and *enclosed in brackets*.

The work is designed, chiefly, for those who cannot readily procure medical advice, such as may reside at a distance from physicians, or, as may remove to new settlements, or "go down to the sea in ships, and do business on the great waters." For those who can, it is recommended to call in a well educated, experienced, Christian physician, as Mr. Wesley has well advised. But, to the many, who cannot well secure such advice, this book may be highly useful.

It was first contemplated to enlarge its pages, but this plan was abandoned in order to bring the work within the means of all, and into such size as could be easily portable.

WILLIAM M. CORNELL.

BOSTON, MAY, 1858.



JOHN WESLEY'S

PRIMITIVE PHYSIC.

1. Abortion, (to prevent.)

IN this case, the cold bath used two or three times a week, from the beginning to the sixth month of pregnancy, is deemed effectual——In another case, bleeding at the arm in the fourth and seventh months may be useful.

Women of a weak or relaxed habit should use solid food, avoiding great quantities of tea, and other weak and watery liquors. They should go soon to bed, and rise early ; and take frequent exercise, but avoid fatigue.

If of a full habit, they ought to use a spare diet, and chiefly of the vegetable kind, avoiding strong liquors. and every thing that may tend to heat the body, or increase the quantity of blood.

In the first case, take daily half a pint of a decoction of *lignum vitæ* ; boiling an ounce of it in a quart of water for five minutes.

In the latter case, give half a drachm of powdered nitre, in a cup of water-gruel, every five or six hours : in both cases she should sleep on a hard mattress and be kept cool and quiet. The bowels should be kept regular by a pill of white walnut extract.

[Mr. Wesley wisely avoids giving any prescription to produce a *miscarriage*, the more common name for *abortion*, at present. Miscarriage is an accident very apt to happen to pregnant women, and soon after conception, it is very difficult to distinguish an abortion from an ordinary menstruation, as the pains, fainting, and loss of blood are nearly the same in each case. The best way to ascertain whether it is only a painful menstruation, or a miscarriage, is to place the discharge in cold water, and stir it. If it be blood, or the menstrual fluid only, it will all mingle with the water; but, if there be a fleshy substance, or fœtus, it will remain whole. Miscarriage usually arises from some accident, such as fright, strong mental emotions, a blow, tight lacing, taking strong drastic purges, the sight of disagreeable objects, lifting, or reaching a great distance, &c. It is not so likely to take place in the latter, as in the early months of pregnancy. But when a woman has miscarried once or twice, either from general, or local debility; or, from any other cause, she is very likely to keep on in the same course. This evil sometimes seems to arise from a very irritable, or feeble state of the womb itself. It is unable to retain the burden imposed upon it; and I have known such women miscarry some ten or a dozen times. The signs of a threatened miscarriage are severe pains in the back and loins, and sudden gushes of blood from the womb. Sometimes, there is considerable loss of blood, and great weakness following; but, usually, a miscarriage is not attended with much danger. When the symptoms are severe, it is always safer to call the family physician; but in most cases, the above named precautions, or the following will be all that will be necessary. The woman should go immediately to bed, and be kept quiet, and cool. Thirty drops of Laud-

num, or an eighth of a grain of morphine, or a poppy tea, or one made of lettuce, should be taken. If the bleeding is profuse, cloths wet in cold water, or a piece of ice should be applied to the genital parts. A tea made of Walnut leaves is as good as the extract named by Mr. Wesley, to prevent the abortion, and is of a tonic and strengthening nature.

If the miscarriage has proceeded so far that it must take place, a table spoonful of a strong infusion of the spurred rye, or of the black cohosh, or Squaw-root, or of the cotton seeds, may be taken every half hour, till the work is accomplished. After the expulsion of the fetus, the same care should be exercised as after a usual child-birth. This should never be forgotten, as many women have lost their lives from not being sufficiently careful in these circumstances.]

2. For an Ague.

An ague is an intermitting fever, each fit of which is preceded by a cold shivering, and goes off in a sweat.

Go into the cold bath just before the cold fit.

Nothing tends more to prolong an ague, than indulging a lazy, indolent disposition. The patient ought therefore between the fits to take as much exercise as he can bear; and to use a light diet, and for common drink, Port wine and water is the most proper.

When all other means fail, give blue vitriol, from one grain to two grains, in the absence of the fit, and repeat it three or four times in twenty-four hours.

Or, boil yarrow in new milk, till it is tender enough to spread as a plaster. An hour before the cold fit,

apply this to the wrists, and let it be on till the hot fit is over. If another fit comes, use a fresh plaster.—This often cures a quartan :

Or, put a tea-spoonful of salt of tartar into a large glass of spring water, and drink it by little and little. Repeat the same dose the next two days, before the time of the fit :

Or, a large spoonful of powdered camomile flowers :

Or, a tea-spoonful of the spirits of hartshorn in a glass of water.

Or, eat a small lemon, rind and all.

In the hot fit, if violent, take eight or ten drops of laudanum : if costive, with an Anderson's pill.

Dr. Lind says, an ague is certainly cured by taking from ten to twenty drops of laudanum, with two drahms of syrup of poppies, in any warm liquid, half an hour after the heat begins.

It is proper to take a gentle vomit, and sometimes a purge, before you use any of these medicines. If a vomit is taken two hours before the fit is expected, it generally prevents that fit, and sometimes cures an ague : especially in children.—It is also proper to repeat the medicine (whatever it be) about a week after, in order to prevent a relapse. Do not take any purge soon after.—The daily use of the flesh brush, and frequent cold bathing, are of great use to prevent relapses.

Children have been cured by wearing a waistcoat, in which bark was quilted.

Those fevers which so abate their violence at times, that there appears an absence of the fever for a certain period, between two fits, are called intermittents, says Galen. The length of the period determines the name, as quotidian, tertian, double tertian, quartan. The spring intermittents seldom need the grand specific remedy, viz. The Peruvian bark, in this climate, as by administering a vomit of twenty grains of ipecacuanha, or of eight grains of the former and one of tartar emetic mixed for a grown person, the succeeding heat of the season effects the cure, and often without medicine. The fall intermittents seldom put on a regular form at first in adults, but are generally remitting fevers; but even though they approach nearer to a continual fever, the patient seldom needs bleeding, and perhaps never in regular intermittents. In either case, a vomit as before mentioned, the first opportunity in remitting, and two hours before the fit in an intermitting fever, with warm diluting drinks in the time of the fit, and when intermitting regularly, the bark may be applied after the operation of the vomit, and the fit is over. Children generally need only to be purged before the use of the bark, with jalap or rhubarb: the dose of these may be thirty grains for a grown person, and half the quantity for one of nine years old, and in proportion. After the fever regularly intermits, and the stomach has been cleansed and the body kept open, the Peruvian bark may be given (unless some inflammation or obstruction prevent) immediately after the fit, two ounces, and often

one is generally sufficient, thus:—Divide an ounce of powder of the bark into twelve doses ; let the sick man or woman take one every two hours, between the fits, and continue them after the return of the next ; or—Boil an ounce of the bark in a pint and a half of water gently down to a pint, strain off the liquid, and take a wine-glass full every two hours ; or—To an ounce of the bark in powder add four or five spoonfuls of proof spirit and a pint of boiling water, let them infuse two or three days ; to use as the former.—But it is best in substance, when it can be taken.

[The Fever and Ague is now generally called *intermittent* fever, because there appears to be an absence of the fever, at certain times. The length of the intermission determines the name, as it may be for one, two, or three, days, and is called, quotidian, tertian, or quartan. Other periods are named by physicians, but they are seldom met with. Every paroxysm of a regular intermittent fever consists of three stages, the *cold*, the *hot*, and the *sweating*. In the cold stage, the patient yawns, stretches, feels chilly, shivers, his teeth chatter, and he shakes so as to move the bedstead. He is thirsty, though the tongue is pale and moist. He has no appetite, and is nauseous, and often vomits. The whole nervous system seems much affected. He has neuralgie pains. His mind is irritable, confused, or dejected. The pulse is small, and the urine pale, limpid, and copious. As he enters upon the *last* stage, a glow is felt about the temples and head. The breath begins to grow hot, and, finally, all traces of the cold stage disappear. He has now all the

symptoms of a high fever. In the *sweating* stage, perspiration appears, first upon the face and about the head, and gradually spreads over the whole surface of the body. As the perspiration increases, the fever decreases. The paroxysms vary from a very slight, to an intense degree. Few diseases so shatter the nervous system as this, and, it is frequently accompanied with Epilepsy, or epileptiform convulsions. The paroxysms of intermittent fever seldom come on in the night, and it seems as though sleep is a preventive. The shorter the interval between the attacks, the earlier, generally, is the hour in the day when they come on. Miasmata appear capable of producing this disease. We almost every year have a few cases of it in the low land around Boston, and, especially, about the Navy Yard, in Charlestown. As a general rule, in those climates where this disease prevails, those persons, who generally have it, lodge near the ground, and, it is said, none have been known to have it who lodge in a second or third story. If this be so, and it, probably is, it should be known and remembered. Many years ago, when I was attending lectures in Philadelphia, an Irishman was brought before the class with this disease. The Professor said, "Pat, where do you sleep?" The reply was, "in a bed, Sir." "I do'nt mean exactly that," said the Professor; "but do you sleep low down, or high up?" "in the *cellar*, Sir," said Pat.

REMEDIES. In the cold stage, give hot drinks, lemonade, toast water, infusion of balm. Apply friction to the hands and feet, with Cayenne pepper heated in brandy, and mustard inside the thighs and over the stomach. In the hot stage, cooling drinks should be given, such as lemon juice, with potash, or the common soda powders. In the *intervals*, the bowels should be opened by taking half a teaspoonful

two or three times a day of equal parts of powdered jalap and senna, with four or five grains of powdered cloves. Then, sulphate of quinine should be taken to the amount of ten grains a day. A tea made of the golden seal is an excellent remedy.]

3. St. Anthony's Fire.

St. Anthony's fire is a fever attended with a red and painful swelling, full of pimples, which afterwards turn into small blisters, on the face or some other part of the body. The sooner the eruption is seen, the less the danger. Let your diet be only water-gruel, or barley-broth, with roasted apples.

Take a glass of tar-water warm, in bed, every hour, washing the part with the same.

Tar-water is made thus.—Put a gallon of cold water to a quart of Norway tar. Stir them together with a flat stick for five or six minutes. After it has stood covered for three days, pour off the water clear, bottle and cork it. Or, take a decoction of elder leaves, as a sweat; applying to the part a cloth dipt in lime water, mixed with a little camphorated spirits of wine.

Lime-water is made thus.—Infuse a pound of good quick lime, in six quarts of spring water, for twenty-four hours. Decant, and keep it for use.

Or, take two or three gentle purges.—No acute fever bears repeated purges better than this, especially, when it affects the head: meantime, boil a handful of sage, two handfuls of elder leaves (or bark) and an ounce of

alum, in two quarts of forge-water, to a pint. Wash with this every night.

If the pulse be low and the spirits sunk, nourishing broths and a little negus may be given to advantage : Dressing the inflammation with greasy ointments, salves, &c. is very improper.

Bathing the feet and legs in warm water is serviceable, and often relieves the patient much. In Scotland the common people cover the part with a linen cloth covered with meal.

[This disease is now generally called *Erysipelas*. It varies very much in its character. The proper erysipelas is that which spreads and runs together, forming little blisters. It was, probably, called *St. Anthony's Fire*, because of its *burning* sensation. The disease begins with a fever, pain in the head, back, and limbs, and heat and dryness of the skin. The affected part usually begins to swell about the third day, and becomes bright and shining. It appears sometimes on a small spot, as one side of the nose, and spreads to the eye, and the lid becomes very much thickened. Sometimes, the eye-lids cannot be opened, they are so swollen. Usually the disease comes to its height by the eighth or ninth day, and then, blisters dry up, and the scales fall off. Relapses are very common, and, not unfrequently, the disease proves fatal. When it prevails, as an *epidemic*, the disease is much more severe and fatal.

REMEDIES. Alcohol in some form, is as good as any external application. Or, take pounded ice and about one third the quantity of salt, and put it in a bladder, and apply it to the affected part. I have used this for many years

with good success. There is no danger, as some suppose, of driving it in. In many light cases a table spoonful of cream of tartar, or of Epsom salts in a glass of water, and a drink of lemonade are all that will be necessary. When it becomes *typhoid*, or the part seems to die and drop off, the only remedies are quinine and aromatic sulphuric acid, ten grains a day of the former, and ten drops three or four times a day of the latter, in a glass of wine or brandy. Blisters have been recommended by some, but they are always dangerous in this disease. *Sudorifics* are good, and there is none better than ten grains of the Dovers powder two or three times a day.]

4. The Apoplexy.

An apoplexy is a total loss of all sense and voluntary motion, commonly attended with a strong pulse, hard breathing and snorting.

To prevent, use the cold bath, and drink only water.

In a fit, put a handful of salt into a pint of cold water, and if possible, pour it down the throat of the patient. He will quickly come to himself. So will one who seems dead by a fall. But send for a good physician immediately.

If the fit be soon after a meal, vomit and bleed.

A seton in the neck, with low diet, has often prevented a relapse.

There is a wide difference between the sanguineous and serous apoplexy; the latter is often followed by a palsy.—The former is distinguished by the countenance

appearing florid ; the face swelled, or puffed up ; and the blood-vessels, especially, about the neck and temples, are turgid ; the pulse beats strong ; the eyes are prominent and fixed ; and the breathing is difficult, and performed with a snorting. This invades more suddenly than the serous apoplexy. Use large bleedings from the arm, or neck ; bathe the feet in warm water ; cupping on the back of the head, with deep scarification. The garters should be tied very tight to lessen the motion of the blood from the lower extremities.

A scruple of nitre may be given in water, every three, or four hours.

When the patient is so far recovered, as to be able to swallow, let him take a strong purge ; but if this cannot be effected, a glister should be thrown up with plenty of fresh butter, and a large spoonful of common salt in it.

In the serous apoplexy, the pulse is not so strong, the countenance is less florid ; it is not attended with so great a difficulty of breathing. Here, bleeding is not so necessary, but a vomit of three grains of emetic tartar may be given, and afterwards, a purge as before, and a blister applied to the back of the neck.

This apoplexy is generally preceded by an unusual heaviness, giddiness, and drowsiness.

[In an apoplectic fit the person falls down suddenly, and is insensible. The face is flushed, and head filled with blood, and in this state, he often continues several days. Sometimes, the muscles of the face are convulsed. The

face is often purple. In some cases, the disease comes on gradually, attended with loss of memory, vertigo, drowsiness, partial paralysis of the tongue, and often, of one side, or of some of the limbs. Persons seldom live over three attacks, and sometimes die of the first. Persons most liable to this disease are fleshy, thick set, short necked, and good livers, often indulging the appetite to excess. It is not often that they are attacked before the age of forty.

REMEDIES. The patient should be seated, and cold water poured upon his head for some time. This is preferable to bleeding. The feet should be put into warm water made strong with mustard.]

5. Canine Appetite, or Insatiable Desire of Eating.

“If it be without vomiting, is often cured by a small bit of bread dipt in wine, and applied to the nostrils.”
Dr. Shomberg.

[Hunger is usually referred to the stomach, but may also arise from affections of the brain. It may depend on a disordered secretion of the stomach, or imperfect nutrition. It is, sometimes, a species of insanity. It may be relieved by a tight bandage around the abdomen.]

6. The Asthma.

An asthma is a difficulty of breathing, returning at intervals, from a disorder in the lungs. In the common or moist asthma, the patient spits much.

Take a pint of cold water every morning, washing the head therein immediately after, and using the cold bath once a fortnight :

Or, cut an ounce of stick liquorice into slices. Steep this in a quart of water, four and twenty hours, and use it, when you are worse than usual, as common drink. I have known this give much ease.

Or, half a pint of tar-water, twice a day

Or, live a fortnight on boiled carrots only. It seldom fails :

Or, take from ten to twenty drops of elixir of vitriol, in a glass of water, three or four times a day.

Elixir of vitriol is made thus.—Drop gradually four ounces of strong oil of vitriol into a pint of spirits of wine, or brandy : let it stand three days, and add to it ginger sliced, half an ounce, and Jamaica pepper, whole, one ounce. In three days more it is fit for use.

Or, into a quart of boiling water, put a tea-spoonful of balsamic æther, receive the steam into the lungs, through a fumigater, twice a day.

Balsamic æther is made thus.—Put four ounces of spirits of wine, and one ounce of balsam of tolu, into a vial, with one ounce of æther. Keep it well corked. But it will not keep above a week.

For present relief, vomit with twelve grains of ipecacuanha.

[This disease depends on a spasmodic constriction of the bronchial tubes. It is not accompanied with fever, or often with disease of the lungs. Sometimes the attack is sudden and without warning, but generally, it is preceded by languor, heaviness of the head, drowsiness, flatulency, loss of appetite, stricture of the chest, and a copious discharge of limpid urine, so that an experienced patient can tell when it is approaching. Asthma seems to be identical with a gouty or rheumatic constitution, and the paroxysm seems to be an attack of those diseases, affecting the organs of respiration.

REMEDIES. Strong coffee, an emetic composed of equal parts of blood root, lobelia, and ipicac, powdered, a tea spoonful in hot water.—Apply to the tongue equal parts of powdered borax and white sugar. Thorn apple smoked relieves the spasm, but it should be used with caution. Inhaling chloroform, or smoking tobacco relieves the paroxysm. Twelve grains of sulphate of quinine relieve the spasm, and, sometimes cause it wholly to disappear. Burning paper wet in salt-peter, affords immediate relief; but its long use poisons the healthy who breathe it. Iodine of potassa is an excellent remedy, in five grain doses, every three hours, dissolved in water.]

7. A Dry or Convulsive Asthma.

Juice of radishes relieves much : so does a cup of strong coffee : or, garlic, either raw, or preserved, or in syrup :

Or, drink a pint of new milk morning and evening. This has cured an inveterate asthma.

Or, beat fine saffron small, and take eight or ten grains every night.—Tried.

Take from three to five grains of ipecacuanha every week. Do this, if need be, for a month or six weeks. Five grains usually vomit. In a violent fit, take fifteen grains.

In any asthma, the best drink is apple-water ; that is, boiling water poured on sliced apples.

The food should be light and easy of digestion. Ripe fruits baked, boiled, or roasted, are very proper ; but strong liquors of all kinds, especially beer or ale, are hurtful. If any supper is taken, it should be very light.

All disorders of the breasts are much relieved by keeping the feet warm, and promoting perspiration. Exercise is also of very great importance ; so that the patient should take as much every day, as his strength will bear. Issues are found in general to be of great service.

Dr. Smyth, in his Formulæ, recommends mustard-whey as common drink, in the moist asthma ; and a decoction of the madder-root to promote spitting.

The decoction is made thus.—Boil one ounce of madder, and two drachms of mace, in three pints of water, to two pints, then strain it, and take a tea-cupful three or four times a day.

8. To cure Baldness.

Rub the part morning and evening, with onions, till it is red ; and rub it afterwards with honey. Or wash it with a decoction of box-wood :

[Perhaps there is no one point upon which people have been more *gulled* than this. Thousands have grown rich upon the wish of bald persons to restore their hair. But when the hair pulps, or *roots*, as they are called, are destroyed, nothing can be of any manner of use. One might as well attempt to make hair grow on a rock. When the hair merely *comes out*, and the pulps remain, some stimulating substance may be applied, with friction, such as a weak tincture of Spanish flies, or an ointment of Peruvian balsam, such as the following may be serviceable: lard, two ounces, white maze half an ounce, melt, and put in two tea spoonfuls of Peruvian balsam, and twelve drops of oil of lavender. Rinse, and apply often. Beef's marrow is, also, recommended. The above are as good remedies for this misfortune as any of the boasted *nostrums* of the shops.]

9. Bleeding at the Nose, (to prevent.)

Dissolve two scruples of nitre in half a pint of water, and take a tea-cupful every hour, if the patient is plethoric.

To cure it, apply to the neck behind and on each side, a cloth dipt in cold water :

Or, put the legs and arms in cold water :

Or, wash the temples, nose, and neck with vinegar :

Or, snuff up vinegar and water.

Or, foment the legs and arms with it :

Or, steep a lincn rag in sharp vinegar, burn it, and blow it up the nose with a quill :

Or, apply tents made of soft lint dipped in cold water, strongly impregnated with a solution of alum, and introduced within the nostrils quite through to their posterior apertures.

Or, dissolve an ounce of alum, powdered, in a pint of vinegar ; apply a cloth, dipt in this, to the temples, steeping the feet in warm water.

In a violent case, go into a pond or river.

[REMEDIES. Equal parts of gum Arabic and powdered alum, snuffed up the nose by a quill, or sugar of lead and powdered opium, used in the same way. Or, hold the hands above the head. Or, compress the wrists.]

10. Bleeding of a Wound.

Make two or three tight ligatures toward the lower part of each joint : slacken them gradually :

Or, apply tops of nettles bruised :

Or, strew on it the ashes of a linen rag, dipt in sharp vinegar and burnt :

Or, take ripe puff-balls. Break them warily, and save the powder. Strew this on the wound and bind it on. This will stop the bleeding of an amputated limb.

Or, take of blue vitriol and alum each an ounce and a half, boil them in a pint of water till the salts are dissolved, then filter the liquid and add a drachm of the oil of vitriol ; a soft rag may be dipped in this, and applied up the nose ; or any bleeding we can come at. Or, use the agaric of the oak.

[A better application is the tincture of mattico, or mattico leaves moistened with water, and bound upon the part. Mattico will astringe almost any bleeding vessel.]

11. Spitting of Blood.

Eat a table spoonful of fine common salt every morning fasting, or a tea-spoonful every three hours, until the bleeding stops.

Take two spoonfuls of juice of nettles every morning, and a large cup of decoction of nettles at night, for a week :

Or, three spoonfuls of sage-juice in a little honey. This presently stops either spitting or vomiting blood :

Or, twenty grains of alum in water every two hours.

[Take common salt, dissolved in water, or, a pill made of half a grain of powdered opium, and a grain of sugar of lead, every hour.]

12. Vomiting Blood.

Take two spoonfuls of nettle juice.

This also dissolves blood coagulated in the stomach.

Or, take as much salt peter, as will lie upon half a crown, dissolved in a glass of cold water, two or three times a day.

[Take four drops of creosote, twenty grains of gum Arabic, and four ounces of water, mix, and take a table spoonful every two hours. Or, take turpentine, half a tea-spoonful every hour, in an ounce of mucilage of elm bark, or sugar and water.]

13. To dissolve coagulated Blood.

Bind on the part for some hours, a paste made of black soap and crumbs of white bread:

Or, grated root of burdock spread on a rag: renew this twice a day.

14. Blisters.

On the feet, occasioned by walking, are cured by drawing a needle full of worsted through them, clip it off at both ends, and leave it till the skin peels off.

[Pour a gill of new rum into your boots.]

15. Biles.

Apply a little Venice turpentine :

Or, an equal quantity of soap and brown sugar well mixt.

Or, a plaster of honey and wheat flour : Or, of figs :

Or, a little saffron in a white bread poultice. 'Tis proper to purge also.

[Cut the boil, when it first appears, into quarters.]

16. Hard Breasts.

Apply turnips roasted till soft, then mashed and mixed with a little oil of roses. Change this twice a-day, keeping the breast very warm with flannel.

17. Sore Breasts and Swelled.

Apply lead water.

Or, boil a handful of camomile and as much mallows in milk and water. Foment with it between two flannels, as hot as can be borne, every twelve hours. It also dissolves any knot or swelling in any part, where there is no inflammation.

18. A Bruise.

Immediately apply treacle spread on brown paper:

Or, apply a plaster of chopt parsley mixt with butter:

Or, electrify the part. This is the quickest cure of all.

[If slight, cover with a cloth wet in vinegar and wormwood boiled together, and applied warm. If bad, apply leeches. The best remedy for a bruise, is a poultice of the root of the black briony, scrape it finely, leave out the external bark, make it with crumbs of bread, enclose it in a muslin bag, if it be for a bruised or black eye, and renew it every eight hours.]

19. To prevent Swelling from a Bruise.

Immediately apply a cloth, five or six times doubled, dipt in cold water, and new dipt when it grows warm :

20. A Burn or Scald.

If it be but skin deep, immediately plunge the part in cold water, keep it in an hour, if not well before. Perhaps four or five hours :

Or, electrify it. If this can be done presently, it totally cures the most desperate burn.

Or, if the part cannot be dipt, apply a cloth four times doubled, dipt in cold water, changing it when it grows warm :

Apply a solution of nitrate of silver (lunar caustic) 40 grains to an ounce of water : or, if a deep burn, touch it with the stick of the caustic.]

21. A deep Burn or Scald.

Apply inner rind of elder well mixt with fresh butter. When this is bound on with a rag, plunge the part into cold water. This will suspend the pain, till the medicine heals.

Or, mix lime-water and sweet oil, to the thickness of cream, apply it with a feather several times a-day.

This is the most effectual application I ever met with. Or, put twenty-five drops of Goullard's extract of lead, to half a pint of rain-water; dip linen rags in it, and apply them to the part affected. This is particularly serviceable if the burn is near the eyes.

22. A Cancer.

A cancer is an hard, round, uneven, painful swelling, of a blackish or leaden colour, the veins round which seem ready to burst. It comes commonly with a swelling as big as a pea, which does not at first give much pain, nor change the color of the skin.

Dissolve four grains of white arsenic in a pint of water, one table spoonful every morning in molasses or milk must be taken.

[*Cancer curing* has now become common, and hundreds are annually hurried to their graves, both by regular and irregular quacks. The use of the knife has been of but little service, as in most cases, the disease soon returns. One of the best applications to a cancer is equal parts of powdered blood-root and sulphate of zinc. This has been known to destroy the cancer, but it must be applied often, and the operation is a painful one. The powder should be made as fine as possible, the cancer cleansed with soap and water, and it should be applied every day. The blood-root is a good medicine to be taken internally, for cancerous, or any other humor. In incipient cancer, or schirrhous of the female breast, I have seen it disappear under the application of pounded ice and salt, applied by means of a bladder. In

the early stage, also, a plaster made of the inspissated juice of the Pope berry, cicuta and henbane, has carried it away. When the disease is painful, a decoction of hoarhound, wormwood, hops and soft soap will often afford relief. An ounce of the yellow dock root, and ounce of salt, put into a pint of brandy, may produce the same effect as the plaster just named. A strong decoction of white oak bark has been highly recommended. A weak solution of chloride of lime, or a yeast poultice will relieve the fetor from a cancer. When a cancer bleeds profusely, the best application is the mattico, or sugar of lead may be applied.]

23. Chilblains, (to prevent.)

Wear socks of Chamois leather, or silk.

Bathe the feet often in cold water, and when this is done, apply a turnip poultice.

24. Children.

To prevent the rickets, tenderness, and weakness, dip them in cold water every morning, at least till they are eight or nine months old.

No roller should ever be put round their bodies, nor any stays used. Instead of them, when they are put into short petticoats, put a waistcoat under their frocks.

Let them go bare-footed and bare-headed till they are three or four years old at least.

'Tis best to wean a child when seven months old, if it be disposed to rickets. It should lie in a cradle at least a year.

No child should touch any spirituous or fermented liquor, before two years old. Their drink should be water. Tea they should never taste till ten or twelve years old. Milk, milk-porridge, and water gruel, are the proper breakfasts for children.

25. Chin-Cough, or Hooping-Cough.

Rub the feet thoroughly with hog's lard, before the fire at going to bed, and keep the child warm therein :

Or, rub the back at lying down with old rum. It seldom fails :

Or, give a spoonful of juice of penny-royal, mixt with brown sugar-candy, twice a-day :

Or, half a pint of milk, warm from the cow, with the quantity of a nutmeg of conserve of roses dissolved in it, every morning.

Or, dissolve a scruple of salt of tartar in a quarter of a pint of clear water : add to it ten grains of finely powdered cochineal; and sweeten it with loaf-sugar.

Give a child within the year, the fourth part of a spoonful of this, four times a day, with a spoonful of barley-water after it. Give a child two years old, half a spoonful : a child above four years old, a spoonful. Boiled apples put into warm milk may be his chief food. This relieves in twenty-four hours, and cures in five or six days.

Or take two grains of tartar emetic, and half a drachm of prepared crab's claws powdered : let them be mixed very well together.

One grain, one grain and a half, or two grains of this composition, may be added to five or six grains of magnesia, and given in a small spoonful of milk and water in the forenoon, between breakfast and dinner, to a child a year old.

At night, if the fever is very high, half the former dose of this powder may be given, with from five to ten grains of nitre.

In desperate cases, change of air will have a good effect.

[Inhale chloroform, a very small quantity from a handkerchief will shorten the whooping cough very much. Alum pounded is the best emetic.]

26. Cholera Morbus: i. e. Flux and Vomiting of Bile.

After the bowels are well emptied by large and frequently repeated draughts of the 1st and 2d prescription under this head, instant relief, in an extreme low fainty state, may be obtained by taking from 25 to 30 drops of liquid laudanum in a glass of mint tea. This is a dose for grown persons; if under 15 years of age, it must be proportioned accordingly.

Boil a chicken an hour in two gallons of water, and drink of this till the vomiting ceases:

Or, decoction of rice, or barley, or toasted oaten-bread.

If the pain is very severe, steep the belly with flannels dipt in spirits and water.

The third day after the cure, take ten or fifteen grains of rhubarb.

[Take walnut leaf tea, strong. Or, make one drop of creosote into a pill with crum of bread, and take one each hour.]

27. Chops in Women's Nipples.

Apply balsam of sugar :

Or, apply butter of wax, which speedily heals them.

[Equal parts of glycerine and tannin by weight is the best remedy for sore nipples, or for any other chaps or excoriations.]

28. Chopt Hands (to prevent.)

Wash them with flour of mustard.

Or, in bran and water boiled together.

29. (To Cure.)

Wash them with soft soap, mixed with red sand.

Or, wash them in sugar and water. .

30. Chopt Lips.

Apply a little sal prunellæ.

[Or, the ointment under No. 27.]

31. A Cold.

Drink a pint of cold water lying down in bed.

Or, a spoonful of treacle, in half a pint of water.

Or, a spoonful of oatmeal, and one spoonful of honey, add a piece of butter, the bigness of a nutmeg : pour on gradually near a pint of boiling water : drink this lying down in bed.

[Take ten grains of Dover's powder, on going to bed. Keep in bed.]

32. A Cold in the Head.

Pare very thin the yellow rind of an orange. Roll it up inside out, and thrust a roll into each nostril.

33. The Cholic (in the Fit.)

Drink of camomile tea :

Or, take from thirty to forty grains of yellow peel of oranges, dried and powdered in a glass of water.

Or, take from five to six drops of oil of aniseed on a lump of sugar.

Or, apply outwardly a bag of hot oats :

Or, steep the legs in hot water a quarter of an hour.

Or, take as much Daffy's elixir as will presently purge. This relieves the most violent cholic in an hour or two.

Daffy's elixir is made thus :—Sena two ounces, jalap one ounce, coriander seed half an ounce ; Geneva, or proof spirit, three pints ; let them digest seven days ; strain and add loaf sugar four ounces.

34. The Dry Cholic, (to prevent.)

Drink ginger tea.

35. Cholic in Children.

Children subject to daily and severe cholic pains, should take the breast sparingly, and chiefly, be fed on simple chicken broth. Strong mallows-root tea, taken every nowand then, is an excellent medicine in this complaint.

Give a scruple of powdered aniseed in their meat :

Or, small doses of magnesia.

Or, a drachm of anisated tincture of rhubarb, every three hours till it operates.

[In infants, olive oil one teaspoonful, with a table spoonful of sugar and water. Dose, half at a time.]

36. Bilious Cholic.

This is generally attended with vomiting a greenish or frothy matter, with feverish heat, violent thirst, a bitter taste in the mouth, and little and high-coloured urine.

Drink warm lemonade :

Or, give a spoonful of castor oil.

[This is a dangerous disease. It may be known by a griping pain about the navel, and by vomiting and thirst. Two great spoonfuls of spirits of turpentine may be given, with two of castor oil, and half a pint of manna water and molasses, as an injection.]

37. An Habitual Cholic.

Take one table-spoonful of castor oil, mixed with a spoonful of lemon-juice or sharp vinegar sweetened, every hour, until it purges. This is a safe, easy and effectual purge, not only in all those complaints where the bowels are the seat of disease, but also in the intermitting and remitting bilious fevers incident to warm climates.

Wear a thin, soft flannel on the part.

38. An Hysteric Cholic.

Is attended with a violent pain about the pit of the stomach, with great sinking of the spirits, and often with greenish vomitings.

Mrs. Watts, by using the cold bath two and twenty times in a month, was entirely cured of an hysteric cholic, fits, and convulsive motions, continual sweatings and vomiting, wandering pains in her limbs and head, with total loss of appetite.

Take 10, 15, or 20 drops of balsam of Peru on fine sugar: if need be, twice or thrice a day:

Or, in extremity, boil three ounces of burdock-seed in water, which give as a clyster:

Or, twenty drops of laudanum, in any proper clyster; which gives instant ease.

In this disorder there often is such a vomiting, that no medicine for the present can be contained on the stomach long enough to be advantageous. A little warm water may be given at first; then cover the sick with an

extraordinary quantity of bed-clothes ; when she becomes warm, the vomiting ceases ; then a grain of opium may be taken, and if the complaints are not relieved thereby in half an hour, it may be repeated. A day or two after, a warm purge should be taken.

39. A Nervous Cholic.

This some term the dry belly-ache. It often continues several days, with little urine, and obstinate costiveness.

A cholic with purging, some term the watery gripes.

Use the cold bath daily for three or four weeks :

40. Cholic from the Fumes of Lead, or White Lead, Verdigrease, &c.

In the fit, drink fresh melted butter, and then vomit with warm water :

To prevent or cure. Breakfast daily on fat broth, and use oil of sweet almonds frequently.

Smelters of metals, plumbers, &c. may be in a good measure preserved from the poisonous fumes that surround them, by breathing through cloth or flannel mufflers twice or thrice doubled, dipt in a solution of sea-salt, or salt of tartar, and then dried. These mufflers might also be of great use in many similar cases.

[A table spoonful of powdered alum, mixed with two of molasses, is a good remedy in Painter's cholic. It neutralises the lead.]

41. Windy Cholic.

Parched peas eaten freely, have had the most happy effects, when all other means have failed.

[This is often produced by eating unripe fruit, or too much of that which is ripe, or too hearty a meal of anything. Hot brandy and water, or pennyroyal tea, or hot ginger and water often relieve. Dry hot flannel cloths may be applied to the stomach and abdomen. In infants, half a teaspoonful of castor oil and paregoric relieve it.]

42. To prevent the ill Effects of Cold.

The moment a person gets into a house, with his hands or feet quite chilled, let him put them into a vessel of water, as cold as can be got, and hold them there till they begin to glow. This they will do in a minute or two. This method likewise effectually prevents chilblains.

43. A Consumption.

One in a deep consumption was advised to drink nothing but water, and eat nothing but water-gruel, without salt or sugar. In three months time he was perfectly well.

Take no food but new butter-milk, churned in a bottle, and white bread.—I have known this successful.

Or, use as common drink, spring-water, and new milk, each a quart ; and sugar-candy two ounces.

Or, boil two handfuls of sorrel in a pint of whey. Strain it, and drink a glass thrice a day :

Or, turn a pint of skimmed milk, with half a pint of small beer. Boil in this whey about twenty ivy-leaves, and two or three sprigs of hyssop. Drink half over night, the rest in the morning. Do this, if needful, for two months daily.—This has cured in a desperate case.

Or, take a cow-heal from the tripe-house ready dressed, two quarts of new milk, two ounces of hartshorn-shavings, two ounces of isinglass, a quarter of a pound of sugar-candy, and a race of ginger. Put all these in a pot ; and set them in an oven after the bread is drawn. Let it continue there till the oven is near cold ; and let the patient live on this.—I have known this cure a deep consumption more than once.

Or, every morning, cut up a little turf of fresh earth, and lying down, breathe into the hole for a quarter of an hour.—I have known a deep consumption cured thus.

“ Mr. Masters, of Evesham, was so far gone in a consumption, that he could not stand alone. I advised him to lose six ounces of blood every day for a fortnight, if he lived so long ; and then every other day ; then every third day ; then every fifth day, for the same time. In three months he was well.” — Dr Dover. This prescription will not be safe in any case, but where the pulse continues pretty strong, and there are signs of inflammation.

Or, throw frankincense on burning coals, and receive the smoke daily through a proper tube into the lungs.

Or, take in for a quarter of an hour, morning and evening, the steam of white rosin and bees-wax, boiling on a hot fire-shovel. This has cured one who was in the third stage of a consumption.

Or, the steam of sweet spirit of vitriol dropt into warm water.

Or, take morning and evening, a tea-spoonful of white rosin powdered and mixt with honey.—This cured one in less than a month, who was very near death.

Or, drink thrice a day two spoonfuls of juice of watercresses.—This has cured a deep consumption.

In the last stage, suck an healthy woman daily.

For diet, use milk and apples, or water-gruel made with fine flour. Drink eider-whey, barley-water sharpened with lemon-juice, or apple-water.

So long as the tickling cough continues, chew well and swallow a mouthful or two, of a biscuit or crust of bread, twice a day. If you cannot swallow it, spit it out. This will always shorten the fit, and would often prevent a consumption.

[Much has been written upon this disease since Mr. Wesley published the above, one hundred and ten years ago. I was the first in modern times to revive inhalation for diseased lungs, having more than ten years since, published a pamphlet upon the Inhalation of Vapors and Powders in this disease. Since when, patients have come from every quarter, seeking benefit from this mode of practice. Nor, have they been disappointed. Also, since then, an host of physicians of all classes have gone into inhalation, and filled the Newspapers

and Journals with their advertisements. I have used the vapor of iodine with advantage. The *Powder* of phodophilin and nitrate of silver ; and, also, chloroform and iodine, with much profit.

More patients have recovered from consumptive symptoms by keeping out in the air, than from all other means : and, whatever else may be done, the patient should always breathe pure air.]

44. Convulsions.

Use the cold bath :

Or, take a tea-spoonful of valerian root powdered, in a cup of water, every evening.

Or, half a drachm of misselto powdered every six hours, drinking after it a draught of strong infusion thereof.

[Take internally twenty-five drops of chloroform, in a wineglass full of sugar and water, or mucilage of slippery elm bark. Or, inhale sulphuric acid, or chloroform. Or, take five grains of camphor, dissolved in spirit, every half hour.

The same as above only in small doses.]

45. Convulsions in Children.

Scrape peiony-roots fresh digged. Apply what you have scraped off to the soles of the feet. It helps immediately.

46. Convulsions in the Bowels of Children.

Give a child a quarter of a year old, a spoonful of the juice of pellitory of the wall, two or three times a day. It goes through at once, but purges no more. Use the syrup, if the juice cannot be had.

[If from worms, destroy them, as under No. 258. If from *pin worm*, inject lime water into the bowels. I have cured a child brought more than an hundred miles, by this injection.]

47. Corns (to prevent.)

Frequently wash the feet in cold water.

[Wear shoes neither too small, nor too large, and if at any time, one part of the foot seems tender, change them for others. In this manner, I have lived fifty years, and walked much, without a corn.]

48. Corns (to cure.)

Apply fresh, every morning, the yeast of small beer, spread on a rag :

Or, after paring them close, apply bruised ivy-leaves, daily, and in fifteen days, they will drop out.

Some corns are cured by a pitch plaster.

All are greatly eased by steeping the feet in hot water wherein oatmeal is boiled. This also helps dry and hot feet.

49. Costiveness.

Rise early every morning :

Or, boil in a pint and a half of broth, half a handful of mallow-leaves chopt : strain this and drink it, before you eat any thing else. Do this frequently, if needful.

Or, breakfast twice a week or oftener, on water-gruel with currants.

Or, take the bigness of a large nutmeg of cream of tartar mixt with honey, as often as you need.

Or, take daily two hours before dinner, a small tea-cupful of stewed prunes :

Or, use for common drink, water, or treacle-beer, impregnated with fixed air :

Or, live upon bread, made of wheat-flour, with all the bran in it.

Or, boil an ounce and a half of tamarinds in three pints of water to a quart. In this strained, when cold, infuse all night two drachms of sena, and one drachm of red rose-leaves. Drink a cup every morning when costive.

[Use kneading the bowels, first, gently, as they are able to bear it. This has cured many.]

50. A Cough.

Make a hole through a lemon and fill it with honey. Roast it, and catch the juice. Take a tea-spoonful of this frequently.

Or, take a table spoonful of molasses each night and morning, and drink in common, molasses and water :

Or, take Spanish liquorice two ounces, salt of tartar half an ounce ; boil the liquorice in three pints of water to a quart. Add the salt to it, when it is blood warm. Drink two spoonfuls of this every two hours. It seldom fails. I have known this cure an inveterate moist asthma.

Or, at lying down, keep a little stick liquorice like horse-radish, between the cheek and the gums.—I believe this never fails.

Or, peel and slice a large turnip, spread coarse sugar between the slices, and let it stand in a dish till all the juice drains down. Take a spoonful of this whenever you cough :

Or, take a spoonful of syrup of horehound, morning and evening.

Or, take from fifteen to twenty drops of elixir of vitriol, in a glass of water, thrice a-day. This is useful when the cough is attended with costiveness, and relaxation of the stomach and lungs.

Or, powder an ounce of spermaceti fine. Work it in a marble mortar with the yolk of a new-laid egg. Mix them in a pint of white wine, and take a small glass every three hours.

Or, drink water whitened with oat-meal, four times a-day.

Or, keep a piece of barley-sugar, or sugar-candy constantly in the mouth.

[Take a tea spoonful of the following mixture several times a day, wine of squills, and syrup of balsam tolu, equal

parts, with half the quantity of paregoric. I have known a person subject to cough, use this medicine for twenty years. Or, one ounce of liquorice root, half an ounce of gum Arabic, two drachms of nitre, and six grains of tartar emetic, one part of boiling water. Simmer till dissolved. When cold, add one ounce of paregoric. Dose. a tea spoonful, three times a day.]

51. Violent Coughing from a sharp and thin Rheum.

Work into old conserve of roses, as much as you can of pure frankincense, powdered as fine as possible. Take a bolus of this, twice or thrice a-day. It eases presently, and cures in two or three weeks.

Or, take half a grain of the inspissated milky juice of sowthistle, once or twice a day. It has the anodyne and antispasmodic properties of opium, without its narcotic effects. Or, it may be made into laudanum, in the same manner that opium is, and five or six drops taken on a lump of sugar, thrice a-day. The milky juice of all the sowthistles, dandelions, and lettuces, have nearly the same virtues.

Or, use milk-diet as much as possible.

52. The Cramp (to prevent.)

Tie your garter smooth and tight under your knee at going to bed : I never knew this fail.

Or, take half a pint of tar-water, morning and evening:

Or, be electrified through the part that uses to be affected. This generally prevents it for a month : sometimes for a twelvemonth.

Or, to one ounce and a half of spirits of turpentine, add flour of brimstone and sulphur vivum, of each half an ounce ; smell to it at night, three or four times.

[This often attacks young persons, when growing up. Over exertion or stretching the muscles is generally the cause of it. Persons subject to it, should avoid the danger of falling from high places, and of being drowned.]

53. The Cramp (to cure.)

Chafe the part with Hungary-water :

Or, hold a roll of brimstone in your hand. I have frequently done this with success.

[Rub laudanum upon the affected muscles, and take a tea spoonful, or twenty-five drops of spirits of camphor. If it comes on when warm in bed, get out into the cool air. Or, rub the parts with tincture of Cayenne. If it be in the stomach, apply a bladder nearly filled with water, as hot as it can be borne.]

54. A Cut.

Keep it closed with your thumb a quarter of an hour. Then double a rag five or six times ; dip it in cold water, and bind it on.

55. Deafness.

Be electrified through the ear :

Or, use the cold bath :

Or, put a little salt into the ear :

Or, drop into it a tea-spoonful of salt water :

Or, three or four drops of onion-juice, at lying down, and stop it with a little wool.

[Fill the mouth with tobacco smoke, and closing the nostrils, force it through the passage to the ear. This, sometimes, relieves immediately with a crash. If the deafness arises from enlarged tonsils, apply to them caustic potash, strong brine, tincture of iodine, or sugar of lead, a solution of forty grains to an ounce of water. This is much better than cutting them out. Or, if deafness arises from a perforation of the drum of the ear, a piece of cotton, moistened in glycerine, and skillfully applied, relieves it. It must be renewed once a month. I have thus relieved many cases.]

56. Deafness from Wax.

Syringe the ear with warm water.

[I once performed a cure upon a gentleman who had been deaf several years from this cause, by taking out the wax with a spatula, and thoroughly syringing the ear.]

57. Deafness with a dry Ear.

Mix brandy and sweet oil : dip black wool in this and put it into the ear. When it grows dry, wash it well in brandy : dip it and put it in again.

[Apply glycerine upon a pledget of cotton.]

58. Delivery.

After delivery in child birth, the mother's milk is the only proper purge for the child. Let it begin to suck ten or twelve hours after the birth.

59. A Diabetes.

A diabetes is a frequent and large discharge of pale and sweetish urine, attended with a constant thirst, and a wasting of the whole body.

Drink wine boiled with ginger, as much and as often as your strength will bear. Let your drink be milk and water. All milk-meats are good :

Or, drink three or four times a day, a quarter of a pint of alum posset, putting three drachms of alum to four pints of milk. It seldom fails to cure in eight or ten days.

[Fortunately, this disease is rarely found in our country, as it often proves fatal. It is to the kidneys, what diarrhea is to the bowels, anything taken into the stomach, passes off in the urine, or rather, turns to urine. Live on animal food. A pill of one grain of powdered opium taken two or three times a day, greatly prevents the flow of urine. The strength must be kept up by tonics, such as quinine, iron, and sulphuric acid.]

60. The Dropsy.

A dropsy is a preternatural collection of water in the head, breast, belly, or all over the body. It is attended

with a continual thirst. The part swelled pits, if you press it with your fingers. The urine is pale and little.

Use the cold bath daily, after purging :

Or, rub the swelled parts with salad-oil by a warm hand, at least an hour a day. This has done wonders in some cases :

Or, cover the whole belly with a large new sponge dipt in strong lime-water, and then squeezed out. This bound on, often cures, even without any sensible evacuation of water.

Or, apply green doek-leaves to the joints and soles of the feet, changing them once a day.

Or, mix half an ounce of amber with a quart of wine-vinegar. Heat a brick (only not red hot) and put it into a tub. Pour them upon it, and hold the parts swelled over the smoke, covering the tub close to keep in the smoke. The water will come out incredibly, and the patient be cured.

Or, eat a crust of bread every morning fasting.

Or, mix a pound of the coarsest sugar with a pint of juice of pellitory of the wall, bruised in a marble mortar. Boil it as long as any scum rises. When cool, bottle and cork it. If very bad, take three spoonfuls at night, and two in the morning. It seldom fails.

Or, make tea of roots of dwarf elder. It works by urine. Every twelve or fourteen minutes, that is, after every discharge drink a tea-cup full.—I have known a dropsy cured by this in twelve hours time.

One was cured, by taking a drachm of nitre every morning in a little ale.

Tar-water drank twice a day has cured many; so has an infusion of juniper berries roasted, and made into a liquor, like coffee:

Or, three spoonfuls of the juice of leeks, or elder leaves:

Or, half a pint of decoction of butcher's broom (intermixing purges twice or thrice a week.) The proper purge is ten grains of jalap, with six of powdered ginger. It may be increased or lessened according to the strength of the patient.

Or, of the decoction of the tops of oak-boughs. This cured an inveterate dropsy in fifteen days:

Or, take sena, cream of tartar and jalap, half an ounce of each. Mix them, and take half a drachm every morning in broth. It usually cures in twenty days. This is nearly the same with Dr. Ward's powder. I suppose he took it from hence. He says it seldom fails, either in the watery or windy dropsy.

Or, steep half an ounce of jalap in a quart^r of Geneva for twelve hours. Draw it off. Divide it into three parts, and take it every other morning. Then put a large spoonful of syrup of marsh-mallows into half a pint of stale beer, and when it has boiled a little, cool it, and drink it at lying down in bed. Do this three times, This has cured many.

Or, be electrified: This cures dropsies supposed incurable.

How amazingly little is yet known, even of the human

body ! Have not dropsical persons been continually advised to abstain from drink as much as possible ? But how can we reconcile this with the following undeniable facts, published in the medical transactions ?

Jane Roberts, aged twenty, was at last constrained to take to her bed by a confirmed ascites anasarca. In this desperate case, she drank as much as she would, first of small beer ; and when that failed, of thin milk. After a while her skin cracked in many places : and she continued drinking and leaking till she was quite well.

A middle-aged man in the west of England, drank every day five or six quarts of cider : and without any other medicine, was totally cured in a few weeks time of a dropsy long supposed to be incurable.

A farmer aged seventy, in a confirmed ascites, was given over for dead. Being desperate, he drank three quarts of cold water, every four and twenty hours. His whole food meantime was sea-biscuit, sometimes with a little butter. For sixteen days he seemed worse. Then he discharged for near a week a vast quantity of water, and was soon free from his disease, which never returned

[Apply over the bowels gutta percha cloths wet in infusion of fox-glove, or digitalis. This has a powerful diuretic operation.]

61. Drowned.

Rub the trunk of the body all over with hot salt. It frequently recovers them that seem dead, and blow into the lungs.

[We should endeavour to revive the respiration and the circulation. The chief means of doing this are to inflate the lungs, and apply heat and friction. To accomplish the first, a flexible tube should be inserted into the wind pipe, which is attached to a pair of bellows made double, so as to imitate inspiration and respiration: or, the work may be done by pressure and relaxation upon the chest. The heat and friction all know how to apply.]

62. The Ear-Ache, without Inflammation.

Rub the ear hard a quarter of an hour.

Or, be electrified :

Or, put in a roasted fig, or onion, as hot as may be.

Or, blow the smoke of tobacco strongly into it.

But if the ear-ache is caused by an inflammation of the uvula, it is cured in two or three hours, by receiving into the mouth the steam of bruised hemp-seed, boiled in water.

[Take of the extracts of opium, of belladonna, and stramonium, *each one part*, of distilled cherry laurel water, *twelve parts*, dissolve and filter. Drop into the ear from four to ten drops, keeping the head inclined, to prevent its running out, and put a little cotton into the ear. This relieves any common ear-ache, or neuralgia of the face and head.]

63. Ear-Ache from Cold.

Boil rue, or rosemary, or garlic and let the steam go into the ear through a funnel.

64. Ear-Ache from Heat.

Apply cloths four times doubled, and dipt in cold water, changing them when warm, for half an hour.

65. Hard-Wax in the Ear.

Is best dissolved by warm water.

66. Eyes bleared.

Drop into them the juice of crab-apples.

67. A Blood-shot Eye.

Apply linen rags dipt in cold water two or three hours :

Or, blow in white sugar-candy, finely powdered :

Or, apply boiled hyssop as a poultice. This has a wonderful efficacy.

68. A Bruise in the Eye.

Apply as a plaster, conserve of roses.

[Apply the eye water under No. 18.]

69. Clouds flying before the Eye.

Take a drachm of powdered betony every morning.

Or, be electrified.

70. Blindness.

Is often cured by cold bathing :

Or, by electrifying : This has cured even a gutta serena of twenty-four years standing.

71. Dull Sight.

Drop in two or three drops of juice of rotten apples often.

72. Films.

Mix juice of ground-ivy, with a little honey, and two or three grains of bay-salt.—Drop it in, morning and evening.

73. Hot or sharp Humours.

Apply a few drops of double-refined sugar, melted in brandy :

Or, boil a handful of bramble-leaves, with a little alum, in a quart of spring-water, to a pint. Drop this frequently into the eye. This likewise cures cankers or any sores.

Or, lay a thin slice of raw beef on the nape of the neck.

74. Eyes or Eye-lids inflamed.

Apply as a poultice, boiled, roasted, or rotten apples warm.

Or, wormwood-tops with the yolk of an egg: This will hardly fail.

Or, beat up the white of an egg with two spoonfuls of white rose-water, into a white froth. Apply this on a fine rag, changing it so that it may not grow dry, till the eye or eye-lid is well :

Or, dissolve an ounce of fine gum Arabic in two or three spoonfuls of spring water ; put a drop into the inner corner of the eye, from the point of a hair-pencil, four or five times a day. At the same time, take as much salt petre ss will lie upon a six-pence, dissolved in a glass of water, three or four times a day. abstaining from all strong liquids as much as possible, till cured.—White bread poultices, applied to the eyes in an inflamed state, frequently occasion total blindness.

After the inflammation is subsided, if weakness still remains, dip a finger in the white copperas eye-water, and rub round the eye, three or four times a-day.—N. B. Allacid eye-waters, and powders, put into the eyes, when they are inflamed, horribly increase both the pain and inflammation.

[Smear the lids with an ointment made of 40 grains of impure oxide of zinc, and half an ounce of the cetaceous ointment of the shops. Or, apply a solution of lunar caustic, four grains to an ounce of water, to the lids, with a camel hair pencil.]

75. A Lachrymal Fistula.

Apply a poultice of fine leaves of rue :

Or, wash the eye morning and evening with a decoction of quince-leaves.

This disorder in the inner corner of the eye, causes the tears to flow involuntarily. When it is confirmed, only a surgeon can cure it.

76. Pearl in the Eye.

Apply a drop of juice ofcelandine with a feather thrice a-day :

Or, dissolve a little sal ammoniac in rose-water. Keep this three days in a copper vessel. Drop it twice a day into the eye.

Or, reduce separately, to the finest powder possible, an equal weight of loaf-sugar, cream of tartar, and bole ammoniac ; mix them together, and put a little into the eye, (without blowing it in) three or four times a day.

77. Sore Eyes.

Drink eye-bright tea, and wash the eyes with it.

78. An excellent Eye-Water.

Put half an ounce of lapis calaminaris powdered, into half a pint of French white wine, and as much white rose-water : drop a drop or two into the corner of the eye. It cures soreness, weakness, and most diseases of the eye. I have known it cure total blindness.

79. Another.

Boil very lightly one tea-spoonful of white copperas scraped, and three spoonfuls of white salt in three pints of spring-water. When cold, bottle it in large vials without straining. Take up the vial softly, and put a drop or two in the eye morning and evening.

It answers the intention of almost all the preceding medicines : it takes away redness, or any soreness whatever : it cures pearls, rheums, and often blindness itself.

80. Another.

Steep and strain ground-ivy, celandine, and daisies, an equal quantity : add a little rose-water and loaf-sugar. Drop a drop or two at a time in the eye, and it takes away all manner of inflammation, smarting, itching, spots, webs, or any other disorder whatsoever, yea, though the sight were almost gone.

81. An Eye-water, which was used by Sir Stephen Fox, when he was sixty years of age, and could hardly see with the help of spectacles ; but hereby, in some time he recovered his sight, and could read the smallest print without spectacles, till above eighty.

Take six ounces of rectified spirits of wine, dissolve in it one drachm of camphire, then add two small handfuls of dried elder flowers. In twenty-four hours after it is infused, it is ready for use. Take out a little

in a tea-spoon : dip your finger in it, and bathe your forehead, over your eyes, and each temple with it several times, morning and night, and twice more in the day constantly. Meantime dip a soft rag in dead small beer, new milk warm, and daub each eye a dozen times gently, morning and evening.

If it is a watery humour, you may with your finger wet the eye-lids two or three times a-piece : but be sure to shut your eyes, or it makes them smart and burn excessively. If you have the tooth-ache or swelled face, rub it well in on the part, and it will take away the pain. It will cure any bruise also, if used immediately

It will cure any inflammation in the eyes.

82. Weak Eyes.

Wash the head daily with cold water.

Or, take of white vitriol half a drachm, rose-water six ounces to dissolve it, and filter the water ; to touch the eye often.—The temples and around the eye, may be touched with camphorated spirits.

N. B. If the eyes are inflamed, the patient should be blooded or purged ; and if necessary, blisters behind the ears, or a seton to the back of the neck.

83. Fainting on letting Blood.

Is prevented by taking before it some good broth :
Or, by lying on the bed, during the operation.

[Always lay a person who is faint on the back.]

84. The Falling Sickness.

In the Falling Sickness, the patient falls to the ground, either quite stiff, or convulsed all over, utterly senseless, gnashing his teeth, and foaming at the mouth.

Be electrified.

Or, use the cold bath for a month daily :

Or, take a tea spoonful of peiony-root dried and grated fine, morning and evening, for three months :

Or, half a spoonful of valerian root powdered.—It often cures in twice taking :

Or, half a pint of tar-water, morning and evening, for three months :

Or, a glass of juice of pellitory of the wall, every morning :

Or, take five or six drops of laudanum fasting, for six or seven mornings. This has cured many :

Or, use an entire milk-diet for three months : It seldom fails.

Or, leaves of affarabacca powdered.—This is the famous Major's snuff.

One who is subject to the falling sickness, may prevent a fit if he feels it coming, by this simple experiment. Let him always carry with him a piece of metal as broad as he is able to hold between his teeth, when his jaws are stretched to the utmost. When he feels the fit approaching, let him immediately put this between his teeth, so as to keep his jaws at their utmost stretch. In about a minute this will bring him quite to himself, and prevent the fit for that time.

If one put this metal between the teeth of one that is in the fit, and force them open, till his jaws are at the utmost stretch, the fit will immediately go off, and the patient very soon recover.

[This disease is now usually called *Epilepsy*.

The most successful method of treating it is by the administration of *foxglove*; but it should always be given under the watchful eye of a skilful physician. I have known many cases cured by it. The *stramonium*, or thorn apple, often cures it. But, as both these plants are of a poisonous character, they should never be taken without the advice of a physician.]

85. The falling of the Fundament.

Boil a handful of red rose-leaves in a quarter of a pint of red wine: dip a cloth in it, and apply it as hot as can be borne. Do this till all is used.

Oil or grease the ends of the fingers well, and reduce it immediately by a gentle continued pressure on the part. This can always easily be done as soon as the accident happens.

86. A falling down of the Womb.

May be cured in the manner last mentioned:

Or, wear a pessory of cork, and take twice a day a tea-cupful of the decoction of the bark, with ten drops of elixir of vitriol.

87. Extreme Fat.

Use a total vegetable diet. I know one who was entirely cured of this, by living a year thus : She breakfasted and supped on milk and water with bread, and dined on turnips, carrots, or other roots, drinking water.

88. A Fever.

In the beginning of any fever, if the stomach, is uneasy, vomit ; if the bowels, purge ; if the pulse be hard, full or strong, bleed.

Drink a pint and a half of cold water lying down in bed : I never knew it do hurt.

Or, thin water-gruel sweetened with honey, with one or two drachms of nitre in each quart.

The best of all julips in a fever is this : Toast a large thin slice of bread, without burning ; put it hot into a pint of cold water : then set it on the fire till it is pretty hot. In a dry heat it may be given cold, in a moist heat, warm ; the more largely the better.

Or, for a change, use pippin or wood-sorrel tea : or pippin posset-drink : or wood-sorrel posset-drink.

To prevent catching any infectious fever, do not breathe near the face of the sick person, neither swallow your spittle while in the room. Infection seizes the stomach first.

Or, use Dr. Boerhaave's fever-powder, viz. Eight ounces of nitre, a quarter of an ounce of camphire, half a quarter of an ounce of saffron, and eight grains of cochineal. These are to be powdered, mixt together, and kept dry in a bottle. Ten grains taken on going to bed abates feverish heat, and procures rest. Ten grains are to be taken every three or four hours for a continued fever.

[Dissolve half an ounce of Chlorate of Soda in a pint of water, and drink a wine-glassful every half hour, lying in bed. This causes free perspiration, and destroys the fever.]

89. A High Fever.

Attended with a delirium and vigilia, has been cured by plunging into cold water; which is a safe and sure remedy in the beginning of any fever.

Such a delirium is often cured by applying to the top of the head, a treacle plaster.

90. A Fever with Pains in the Limbs.

Take twenty drops of spirits of hartshorn in a cup of water twice or thrice in twenty-four hours :

Or, drink largely of cinquefoil tea.

91. Rash Fever.

Drink every hour a spoonful of juice of ground-ivy. It often cures in twenty-four hours.—Use the decoction, when you have not the juice.

92. A Slow Fever.

Use the cold bath for two or three weeks daily.

In putrid or nervous fevers, though they do not in termit, yet after proper evacuations, the bark may be advantageously given, thus: Take of the powder of the bark two ounces, orange peel an ounce and a half, Virginia snake-root three drachms, English saffron four scruples, cochineal two scruples; infuse them in twenty ounces of best distilled spirits; and the sick may take from a drachm to half an ounce, occasionally, in his lucid intervals.

93. A Worm-Fever.

Boil a handful of rue and wormwood in water; foment the belly with the decoction, and apply the boiled herbs as a poultice; repeat the application night and morning. This frequently brings away worms from children, who will take no internal medicine; and is likewise serviceable, if the fever be of the putrid kind.

94. A Fistula.

Wash muscle shells clean; burn them to powder; sift them fine; mix them with hog's lard; spread it on clean washed leather, and apply it. This cured one that was thought to be at the point of death.

N. B. This cures the piles.

Or, have a vessel so contrived, that you may sit with

the part in cold water, a quarter of an hour every morning. I have known a gentleman of seventy years cured hereby.

Or, put a large stone of unslacked lime into four quarts of water, let it stand one night ; take four ounces of rochalum, and four ounces of white copperas, calcine them to dryness, then powder them as fine as possible : take three pints of the above water, and put the powder into it, and boil it for half an hour, then let it cool, and bottle it for use. Let the fistula be syringed with this often, a little warm ; and make a tent to fit the place, and dip it in the water, and apply it twice a day. Cover it over with a plaster of diaculum. This water will destroy the callosity of the edges of the fistula, which otherwise would prevent its healing, and if managed as above, will heal it up, at the same time ; but an operation is the only certain means.

95. To destroy Fleas and Bugs.

Cover the floor of the room with leaves of alder, gathered while the dew hangs upon them : adhering to these, they are killed thereby.

Or, powder stavesacre, and sprinkle it on the body, or on the bed.

96. Flegm.

To prevent or cure, take a spoonful of warm water, the first thing in the morning.

97. Flooding (in Lying-in.)

Cover the body with cloths dipt in vinegar and water, changing them as they grow warm. Drink cooling, acid liquors.

This is a complaint which is never to be thought little of. Sometimes a violent flooding comes on before delivery; and the only way to save both the mother and child, is to deliver the woman immediately: which being done, the flooding will generally cease. Sometimes, a slight flooding comes on some weeks before labour; and here, if the patient be kept cool, her diet light, and small doses of nitre often repeated, (an ounce divided into thirty parts, and one given every four hours,) she will frequently go her full time and do well: but if it should become excessive, delivery should be effected as soon as may be.

If a flooding should come on after delivery, the patient should be laid with her head low, kept cool, and be in all respects treated as for an excessive flux of the menses. Linen cloths which have been wrung out of vinegar and water, should be applied to the belly, the loins, and the thighs. These must be changed as they grow dry; and may be discontinued as soon as the flooding abates. Sometimes the following mixture will do great things, viz. syrup of poppies, two ounces; acid elixir of vitriol one draehm. Mix, and take two table-spoonfuls every hour. But large doses of nitre given often (a scruple every hour,) is generally the most efficacious. But when all other things seem to have no effect, cold water dashed upon the patient's belly will stop the flooding immediately.

[Give a pill made of sugar of lead one grain, and half a grain of powdered opium, every half hour. This rarely fails to stop the hemorrhage.]

98. A Flux.

Receive the smoke of turpentine cast on burning coals. This cures also the bloody flux, and the falling of the fundament.

Or, put a large brown toast into three quarts of water, with a drachm of cochineal powdered, and a drachm of salt of wormwood. Drink it all in as short a time as you conveniently can.

This rarely fails to cure all fluxes, cholera morbus, yea, and inflammations of the bowels.

Or, take a spoonful of plantain-seed bruised, morning and evening, till it stops:

Or, ten grains of ipecacuanha, three mornings successively. It is likewise excellent as a sudorific.

Or, boil four ounces of rasped logwood, or fresh logwood chips, in three quarts of water to two; strain it and drink a quarter of a pint, sweetened with loaf sugar, warm, twice a day. It both binds and heals: Or, take a small tea-cupful of it every hour: this is to be used in the end of the complaint.

Or, boil the fat of a breast of mutton in a quart of water for an hour. Drink the broth as soon as you can conveniently. This will cure the most inveterate flux:

99. A Bloody Flux,

Is attended with a fever, griping, or great pain in the intestines.—As this fever is nature's effort to discharge some offensive matter by stool, therefore, often it will be necessary to assist her by bleeding and purging, or laxative medicines; or else it will be unsafe to stop the flux, but when the former medicines have been used with mutton broth; the drink may be water boiled with one fourth milk, and drank cold. In old dysenteries, fruit and milk may be a proper diet :

Or, take a large apple, and at the top pick out all the core, and fill up the place with a piece of honey-comb, (the honey being strained out,) roast the apple in embers, and eat it, and this will stop the flux immediately :

Or, grated rhubarb, as much as lies on a shilling, with half as much of grated nutmeg, in a glass of white wine, at lying down, every other night :

Or, take four drops of laudanum, and apply to the belly a poultice of wormwood and red roses boiled in milk.

In a dysentery, the worst of all fluxes, feed on rice, saloup, sago, and sometimes beef-tea; but no flesh.

To stop it, take a spoonful of suet melted over a slow fire. Do not let blood.

A person was cured in one day, by feeding on ricc-milk, and sitting a quarter of an hour in a shallow tub, having in it warm water three inches deep.

[This is commonly called *Dysentery*. In the commencement of this disease, a pill every hour made of half a grain of powdered opium and a grain of ipecac, is a good remedy.]

100. To prevent (or stop a beginning) Gangrene.

Foment continually with vinegar, in which dross of iron (either sparks or elinkers) has been boiled.

[Apply a yeast poultice, or one made of earrots. If internal, take a table-spoonful of yeast, often.]

101. The Gout in the Stomach.

“ Dissolve two draehms of Venice treaele in a glass of mountain wine. After drinking it, go to bed. You will be easier in two hours, and well in sixteen.”

Or, boil a pugil of tansey in a quarter of a pint of mountain. Drink it in bed. I believe this never fails. A Pugil is as much as you can take up between your thumb and two fore-fingers.

To prevent its return, dissolve half an ounce of gum guaiaecum in two ounces of sal volatile. Take a teaspoonful of this every morning in a glass of spring water.

This helps any sharp pain in the stomach.—Dr. Boerhaave.

N. B. I knew a gentleman who was cured many times, by a large draught of cold water.

102. The Gout in the Foot or Hand.

Apply a raw, lean beef-stake. Change it once in twelve hours, till cured.

103. The Gout in any Limb.

Regard them not who say, the gout ought not to be cured. They mean, it cannot. I know it cannot by their regular prescriptions. But I have known it cured in many cases, without any ill effects following. I have cured myself several times.

Rub the part with warm treacle, and then bind on a flannel smeared therewith. Repeat this, if need be, once in twelve hours.

This has cured an inveterate gout in thirty-six hours.

Or, drink a pint of strong infusion of elder-buds, dry or green, morning and evening. This has cured inveterate gout.

Or, at six in the evening, undress, and wrap yourself up in blankets. Then put your legs up to the knees in water, as hot as you can bear it. As it cools, let hot water be poured in, so as to keep you in a strong sweat till ten. Then go into a bed well warmed, and sweat till morning.—I have known this cure an inveterate gout, in a person above sixty, who lived eleven years after. The very matter of the gout is frequently destroyed by a steady use of Mynsicht's elixir of vitriol

Or, take gum guaiacum four ounces, salt petre two ounces, dissolve them fourteen days in two pounds of Jamaica spirits; take two spoonfuls morning and evening. But the grand medicine will be temperance and exercise.

104. The Gravel.

Eat largely of spinach :

Or, drink largely of warm water sweetened with honey:

Or, of pellitory of the wall tea, so sweetened :

Or, infuse an ounce of wild parsley seeds in a pint of white wine for twelve days. Drink a glass of it fasting, three months. To prevent its return, breakfast for three months on agrimony tea. It entirely cured me twenty years ago, nor have I had the least symptom of it since.

[The following is the best remedy I have found for this painful disease:—Take castile soap four ounces, spermaceti eight ounces, turpentine six drachms, oil aniseed three drachms, balsam copaiva half an ounce, tumeric two drachms; make all into a thick paste with honey. Take a piece as large as two peas, three or four times a day. Or, bicarbonate of soda one drachm, infusion quassia four ounces, tincture of columbæ one ounce. Dose, a table-spoonful four times a day.]

105. The Green Sickness.

Is known by a depraved appetite, shortness of breath, pallid countenance, soft swelling of the body, palpitation of the heart and retention of the menses.

Take a cup of decoction of lignum guaiacum, (commonly called lignum vitæ) morning and evening :

Or, grind together into a fine powder three ounces of the finest steel-filings, and two ounces of red sugar-candy. Take from a scruple to a half a drachm every morning.

[Take citrate of iron two drachms, quinine half an ounce, water one ounce ; take from twenty to thirty drops, in syrup and water, half an hour before each meal. Or, take scammony prepared with sulphur one drachm, gum ammoniac two drachms, salts of steel half a drachm, oil of cloves three drops, orange peel syrup enough to make one hundred pills. Take four or five each morning. They are excellent, also, in hypochondria.]

106. To kill Animalcula that cause the Gums to waste away from the Teeth.

Gargle thrice a day with salt and water.

[Wash them with strong soap and water, into which a little spirit of camphor may be put. This destroys all vermin that infest the teeth or gums.]

107. To make the Hair grow.

Wash it every night with a strong decoction of rosemary. Dry it with flannel.

[Make a lotion of the following, and wet the roots of the hair with it often : — half an ounce of vinegar of Spanish flies, two ounces of cologne, and one ounce of rose water.]

108. The Head-Ache.

Rub the head for a quarter of an hour :
Or, be electrified :

Or, apply to each temple the thin yellow rind of a lemon, newly pared off :

Or, pour upon the palm of the hand a little brandy and some zest of lemon, and hold it to the forehead :
Or, a little æther :

Zest is the juice of the peel squeezed out.

Or, if you have catched cold, boil a handful of rosemary in a quart of water. Put this in a mug, and hold your head (covered with a napkin) over the steam, as hot as you can bear. Repeat this till the pain ceases :

Or, snuff up the nose camphorated spirits of lavender :

Or, a little juice of horse-radish.

[Take a table-spoonful often of the following mixture :—
calined magnesia one drachm, diluted water of ammonia one drachm, oil of cinnamon four drops, and water one gill.]

109. A Chronical Head-Ache.

Keep your feet in warm water, a quarter of an hour before you go to bed, for two or three weeks :

Or, wear tender hemlock leaves under the feet, changing them daily :

Or, order a tea-kettle of cold water to be poured on your head, every morning, in a slender stream :

Or, take a large tea-cupful of carduus tea, without sugar, fasting, for six or seven mornings.

[Take three times a day a pinch of snuff made of two grains of Turpeth mineral, and ten grains of powdered liquorice root.]

110. Head-Ache from Heat.

Apply to the forehead cloths dipt in cold water, for an hour :

111. A nervous Head-Ache.

Dry and powder an ounce of marjoram and half an ounce of assarabacca : mix them and take them as snuff, keeping the ears and throat warm. This is of great use even in a cancer : but it will suffice to take a small pinch every other night, lying down in bed.

[Take five grains of quinine before the headache comes on.]

112. A violent Head-Ache.

Take of white wine vinegar and water, each three spoonfuls ; with half a spoonful of Hungary-water. Apply this twice a day to the eye-lids and temples.

113. A Hemicrania.

This is a head-ache which affects but one side of the head. Use cold bathing.

Or, apply to that part of the head shaved, a blister.

114. Stoppage in the Head.

Snuff up juice of primrose, keeping the head warm.

115. The Heart-Burning.

A sharp gnawing pain in the orifice of the stomach.

Drink a pint of cold water :

Or, drink slowly decoction of camomile flowers :

Or, chew five or six pepper-corns a little : then swallow them :

Or, chew fennel or parsley, and swallow your spittle.
Sometimes a vomit is needful.

Or, a piece of Spanish liquorice.

116. The Hiccups (to prevent.)

Infuse a scruple of musk in a quart of mountain wine, and take a small glass every morning.

117. (To Cure.)

Swallow a mouthful of water, stopping the mouth and ears.

Or, take any thing that makes you sneeze :

Or, two or three preserved damsons :

Or, three drops of oil of cinnamon, on a lump of sugar:

Or, ten drops of chymical oil of amber dropt on sugar, and then mixed with a little water.

118. Hoarseness.

Rub the soles of the feet before the fire, with garlic and lard well beaten together, over night. The hoarseness will be gone the next morning.

Or, take a pint of cold water, lying down :

Or, swallow, slowly, the juice of radishes :

Or, half a pint of mustard-whey, lying down :

Or, a tea-spoonful of conserve of roses, every night :

Or, dry nettle-roots in an oven. Then powder them finely, and mix with an equal quantity of treacle. Take a tea-spoonful of this twice a day :

Or, boil a large handful of wheat-bran in a quart of water ; strain, and sweeten it with honey. Sip of it frequently.

[Take a few drops of spirits of camphor on sugar. Or take a teaspoonful of sweet spirits of nitre in a glass of water.]

119. Hypochondriac and Hysteric Disorders.

Exercise, and a little good wine. Five grains of asa-fœtida, twice a day.

Or, Cold bathing. In the absence of an attack.

120. The Jaundice.

Wear leaves of celandine upon, and under the feet : Or, take a small pill of Castile soap every morning, for eight or ten days :

Or, beat the white of an egg thin : take it morning and evening in a glass of water : -

Or, half a pint of strong decoction of nettles : Or, of burdock-leaves.

Or, boil three ounces of burdock-root, in two quarts of water to three pints. Drink a tea-cupful of this every morning.

[Take two grains of podophilline and two grains of leptandrine, three times a day. It is much better to jog the liver than calomel.]

121. Jaundice in Children.

Take half an ounce of fine rhubarb, powdered. Mix with it thoroughly, by beating, two handfuls of good well cleansed currants. Of this give a tea-spoonful every morning.

[Give the above under the 120, in less doses. Or, castor oil only.]

122. The Iliac Passion.

In this violent kind of cholie the excrements are supposed to be thrown up by the mouth in vomiting.

Apply warm flannels soaked in spirits of wine :

Or, hold a live puppy constantly on the belly.—Dr. Sydenham.

Or, immerge up to the breast in a warm bath :

Or, take, ounce by ounce, a pound and a half of quicksilver.

Inflammations in general are more certainly abated by smart purging than by bleeding.

Besides the use of the first, second, and third perscriptions under this head, take castor oil, as directed in the note to Bilious Cholie.

[Give half a grain of morphine in two table-spoonfuls of castor oil.]

123. An Imposthume.

Put the white of two leeks in a wet cloth, and so roast them in ashes, but not too much. Stamp them in a mortar with a little hog's grease. Spread it thick, plaster-wise, and apply, changing it every hour, till all the matter be come out.

124. The Itch.

This distemper is nothing but a kind of small lice.

Wash the parts affected with strong rum :

Or, anoint them with black soap.

Or, steep a shirt half an hour in a quart of water, mixed with half an ounce of powdered brimstone. Dry it slowly, and wear it five or six days. Sometimes it needs repeating.

Or, beat together the juice of two or three lemons, with the same quantity of oil of roses. Anoint the parts affected. It cures in two or three times using.

[Mr. Wesley came nearer to a correct idea of this disease, than perhaps any of the physicians of his day ; and yet he did not describe it exactly. It is not *lice*, though it is an *insect* somewhat resembling a louse. It is cured by boiling one part of quick lime with two parts of sub-limed sulphur, and ten parts of water, until the two parts are perfectly united. Wash the body with warm water, then rub the liquid into the skin for half an hour, and the cure will be completed.]

125. The King's Evil.

It commonly appears first, by the thickness of the lips, or a stubborn humour in the eyes, then come hard swellings, in the neck chiefly; then running sores.

Take as much cream of tartar as lies on a sixpence, every morning and evening :

Or, drink for six weeks half a pint of a strong decoction of devil's bit.

Or, use the diet drink, as in the article Scorbutic Sores. I have known this cure one whose breast was as full of holes as an honey-comb.

Or, set a quart of honey by the fire to melt. When it is cold, strew into it a pound and a half of quick-lime beat very fine, and sifted through a hair-sieve. Stir this about till it boil up of itself into a hard lump. Beat it when cold, very fine, and sift it as before. Take of this as much as lies on a shilling, in a glass of water, every morning fasting, an hour before breakfast, at four in the afternoon, and at going to bed :

Or, make a leaf of dried burdock into a pint of tea. Take half a pint twice a day, for four months. I have known this cure hundreds.

The best purge for the king's-evil is tincture of jalap, which is made thus :—Jalap in powder, three ounces; Geneva, or proof spirits, one pint. Let them infuse seven days. A tea-spoonful or two is sufficient for a child ten years old, in a morning fasting; and repeated once a week, so as to keep the stomach and bowels clean, will frequently cure the king's evil. But all violent purges, or when repeated too often, are pernicious.

[Iodide of potash is a good remedy in this disease, taken in five grain doses, dissolved in sarsaparilla or other syrup, or in cinnamon water. Or, take subcarbonate of soda half an ounce, to a pint of water. Dose, a wine-glassful, three times a day.]

126. Lameness, from a fixed Contraction of the parts.

Anoint the part well with sweet oil, and rub it in with the hand, continuing the friction for half an hour, or an hour, every night and morning, until well.

Or, bind the caul of a newly killed animal close on the part ; to be repeated if necessary.

Beat the yolk of a new-laid egg very thin, and by a spoonful at a time, add and beat up with it three ounces of water. Rub this gently into the parts for a few minutes, three or four times a day.

127. Legs Inflamed.

Apply fuller's earth spread on brown paper. It seldom fails :

Or, bruised turnips.

128. Legs sore and running.

Wash them in brandy, and apply alder leaves, changing them twice a day. This will dry up all the sores, though the legs were like an honey-comb.

Or, poultice them with rotten apples. But take also three or four purges.

[Apply a plaster of prepared chalk one ounce, lard half an ounce, olive oil half an ounce. Keep it on till the running stops.]

129. Leprosy.

In this disease, the skin in many parts is covered with rough, whitish, scales, pustules; and if these are rubbed off, with a kind of scaly seurf.

Use the cold bath:

Or, wash in the sea, often and long:

Or, mix well an ounce of poinatum, a draehm of powdered brimstone, and half an ounce of sal prunellæ; and anoint the part so long as there is need:

Or, add a pint of juice of house-leek, and half a pint of verjuice, to a pint and a half of posset-drink. Drink this in twenty-four hours:—It often cures the quinsy, and white swellings on the joints:

Or, drink half a pint of cellery-whey, morning and evening. This has eured in a most desperate case:

Or, drink for a month, a decoction of burdock-leaves, morning and evening.

130. Lethargy.

A lethargy is a constant inclination to doze, or be asleep, with little or no fever.

Snuff strong vinegar up the nose:

Or, take half a pint of decoction of water-cresses, morning and evening.

131. Lice (to kill.)

Sprinkle Spanish snuff over the head.

Or, wash it with a decoction of amaranth.

132. For one seemingly killed with
Lightning, a Damp, or suffocated.

Plunge him immediately into cold water :

Or, blow strongly with bellows down his throat. This may recover a person seemingly drowned. It is still better, if a strong man blows into his mouth.

133. Lues Venerea.

Take an ounce of quicksilver every morning, and a spoonful of aqua sulphurata in a glass of water, at five in the afternoon. I have known a person cured by this, when supposed to be at the point of death, who had been infected by a foul nurse, before she was a year old.

I insert this for the sake of such innocent sufferers.

[If recent, three pills a day, made each of one grain of calomel, and one third of a grain of opium. Take them four or five days, with ten grains of the Dover powder at night. Then purge off well with powdered senna and jalap, in a tea-spoonful dose, with five grains of powdered cloves in it. If old, or in the blood, take three grains of *stillingin* and three of podophillin, night and morning. Or, five grains of iodide of potassa three times a day, in syrup, or in cinnamon water. If it be the *gonorrhoea*, or running, without sores. use the *paste*, as directed under No. 104.]

134. Lunacy.

Give decoction of agrimony four times a day :

Or, rub the head several times a day with vinegar in which ground ivy leaves have been infused :

Or, take daily an ounce of distilled vinegar :

Or, boil the juice of ground-ivy with sweet oil and white wine into an ointment. Shave the head, anoint it therewith, and chafe it in warm water every other day for three weeks. Bruise also the leaves, and bind them on the head, and give three spoonfuls of the juice warm every morning. This generally cures melancholy.

The juice alone, taken twice a day, will cure.

Or, electrify :

135. Raging Madness.

It is a sure rule, that all mad men are cowards, and may be conquered by binding only, without beating. (Dr. Mead.) He also observes, that blistering the head does more harm than good. Keep the head close shaved, and frequently wash it with vinegar.

Apply to the head, cloths dipt in cold water :

Or, set the patient with his head under a great waterfall, as long as his strength will bear : Or, pour water on his head out of a tea-kettle :

Or, let him eat nothing but apples for a month :

Or, nothing but bread and milk.

136. The Bite of a Mad Dog.

Plunge into cold water daily for twenty days, and keep as long under it as possible.—This has cured, even after the hydrophobia was begun.

If this be really a nervous disorder, what wonder if it should be cured by cold bathing?

Or, mix ashes of trefoil with hog's lard, and anoint the part as soon as possible. Repeat it twice or thrice, at six hours' distance. This has cured many: and particularly a dog bit on the nose by a mad dog.

Or, mix a pound of salt, with a quart of water. Squeeze, bathe, and wash the wound with this for an hour. Then bind some salt upon it for twelve hours.

N. B. The author of this receipt was bit six times by mad dogs, and always cured himself by this means.

Or, mix powdered liver-wort, four drachms: black pepper, two drachms: Divide this into four parts, and take one in warm milk for four mornings fasting. Dr. Mead affirms he never knew this fail: But it has sometimes failed.

Or, take two or three spoonfuls of the juice of ribwort, morning and evening, as soon as possible after the bite. Repeat this for two or three changes of the moon: It has not been known to fail.

To prevent the disorder in those who have been bitten; Cauterize the wound, and dress it twice a day with digestive, and once a day with mercurial ointment. Tyssot. Wash the wound well, and dress it every day with salt. Keep the wound open 40 days.

137. The Measles.

This distemper is always preceded by a violent cough, often fourteen days before the red spots come out.

Immediately consult an honest physician :

Drink only thin water-gruel, or milk and water, the more the better ; or toast and water.

If the cough be very troublesome, take frequently a spoonful of barley-water sweetened with oil of new almonds newly drawn, mixed with syrup of maiden-hair.

After the measles, take three or four purges, and for some weeks take care of catching cold, use light diet, and drink barley-water, instead of malt-drink.

138. Menses Obstructed.

Be electrified :

Or, take half a pint of strong decoction of pennyroyal, every night at going to bed :

Or, boil five large heads of hemp, in a pint of water, to half. Strain it, and drink it at going to bed, two or three nights. It seldom fails :

Or, take from three to four grains of calomel, in a pill, for two or three nights, taking care not to catch cold. It purges :

Let any of these medicines be used at the regular times as near as can be judged.

[Drink a tea made of *water pepper*. This has been very successful. Or, take three or four grains of *macrotine*.

This is a concentrated medicine, prepared from the black Cohosh or Squaw root, as the quinine is from the bark. Or, use dry cupping over the lower part of the back. Or, take the dried sulphate of iron one drachm, with one drachm of powdered aloes, made into four grain pills with tincture of myrrh and aloes, one pill three times a day.

139. Menses Profuse.

Drink nothing but cold water, with a spoonful of fine flour stirred in it. At that time drink a glass of the coldest water you can get, and apply a thick cloth dipt in cold water :

Or, put the feet in cold water :

Or, apply a sponge dipt in red wine and vinegar:

Or, bleed in the arm. Stop the orifice often with the finger, and then let it bleed again :

Or, boil four or five leaves of the red holy-oak in a pint of milk, with a small quantity of sugar. Drink this in the morning; if the person can afford it, she may add a tea-spoonful of balm of Gilead. This does not often fail:

Or, reduce to a fine powder half an ounce of alum, with a quarter of an ounce of dragon's blood. In a violent case, take a quarter of a drachm every half hour. It scarce ever fails to stop the flux, before half an ounce is taken. This also cures the whites.

If the strength will admit, take a little blood from the arm; the body should be kept loose. Let her take a tea-cupful of alum whey every three or four hours, made thus: Put two drachms of powdered alum into a pint of

milk, boil it till the curd is well separated, then strain off the whey and bottle it. The like medicine in floodings, and in the whites, has been found often useful.

[Take the pills made of lead and opium, as named under No. 97.]

140. To resolve coagulated Milk.

Cover the woman with a table-cloth, and hold a pan of hot water, just under her breast ; then stroke it three or four minutes. Do this twice a day, till it is cured.

141. To increase Milk.

Drink a pint of water going to bed :

Or, drink largely of pottage made with lentils.

142 To make Milk agree with the Stomach.

If it lie heavy, put a little salt in it ; if it curdle, sugar. For bilious persons mix it with water.

143. A Mortification (to stop.)

Apply a poultice of flour, honey, and water, with a little yeast.

A gangrene is when any part of the body, from the violence of the inflammation is not actually dead, but is in a state of dying.—Galen.

The inflammation should be abated by bleeding, if the fever admit, and by cooling, opening medicines; the parts around touched with vinegar, lime-water, or camphorated spirits, and searified. Apply a poultice of biscuit of fine wheat flour boiled with milk to the gangrened part, and take the bark freely.

N B. No oily substance should ever touch a bone, sound or unsound, but foul bones should be dressed with spirits, as tincture of myrrh, &c.

[Apply a *yeast* poultice.]

144. Nervous Disorders.

When the nerves perform their office too languidly, a good air is the first requisite. The patient also should rise early, and as soon as the dew is off the ground, walk: let his breakfast be mother of thyme tea, gathered in June, using half as much as we do of common tea. When the nerves are too sensible, let the person breathe a proper air, let him eat veal, chickens, or mutton. Vegetables should be eat sparingly; the most innocent is the French bean; and the best root, the turnip. Avoid all sauces. Sometimes he may breakfast upon a quarter of an ounce of the powder of valerian root infused in hot water, to which he may add cream and sugar. Tea is not proper. When the person finds an uncommon

oppression, let him take a large spoonful of the tincture of valerian root.

This tincture should be made thus : Cut to pieces six ounces of wild valerian root, gathered in June, and fresh dried. Bruise it by a few strokes in a mortar, that the piece may be split, but it should not be beat into powder: put this into a quart of strong white wine ; cork the bottle and let it stand three weeks, shaking it every day ; then press it out and filter the tincture through paper.

N. B. The true wild valerian has no bad smell : if it has, cats have urined upon it, which they will do, if they can come at it.

But I am firmly persuaded, there is no remedy in nature for nervous disorders of every kind, comparable to the proper and constant use of the electrical machine.

[Try the electrical or chemical bath. Or, take one grain of the *caffein*, prepared by the French chemists from coffee, three times a day.]

145. Nettle Rash.

A slight fever, (which sometimes lasts for weeks or months) attended with itching and smarting, and an eruption just like that occasioned by nettles. In Georgia, we called it the prickly heat.

Rub the parts strongly with parsley.

146. Old Age.

Take tar-water morning and evening.

Or, decoction of nettles : either of these will probably renew the strength for some years :

Or, be electrified daily :

Or, chew cinnamon daily, and swallow your spittle.

147. An old stubborn Pain in the Back.

Steep root of water-fern in water, till the water becomes thick and clammy. Then rub the parts therewith morning and evening :

Or, apply a plaster, and take daily balsam of copaiva.

148. The Palsy.

A palsy is the loss of motion or feeling, or both, in any particular part of the body.

Be electrified daily for three months, from the places where the nerves spring, which are brought to the paralytic part.—If the parts beneath the head are affected, the fault is in the spinal marrow. If half the body, half the marrow is touched.

Or, use the cold bath if you are under fifty, rubbing and sweating after it :

Or, shred white onions and bake them gently in an earthen pot, till they are soft : spread a thick plaster of this, and apply it to the benumbed part, all over the side, if need be.—I have known this cure a person of seventy-five years old.

Or, take tar-water, morning and evening :

Or, boil white and red sage, a handful of each in a quart of white wine. Strain and bottle it. Take a small glass morning and evening.

This helps all nervous disorders.

Or, take a tea-spoonful of powdered sage lying down in bed.

149. Palsy of the Hands.

Wash them often in decoction of sage, as hot as you can bear :

Or, boil a handful of elder-leaves, or, two or three spoonfuls of mustard-seed in a quart of water. Wash often in this, as hot as may be.

150. Palsy of the Mouth.

After purging well, chew mustard seed often : Or, gargle with juice of wood-sage.

151. Palsy from working with white Lead or Verdigrease.

Use warm baths and a milk-diet.

[Or, give chloroform in thirty drop doses, in mueilage of elm bark. Give it also by injections, and apply it to the abdomen.]

152. The Palpitation, or Beating of the Heart.

Apply outwardly a rag dipt in vinegar :

Or, be electrified.

Or, take a decoction of mother's wort every night.

[Take fifteen or twenty drops of the tincture of stramonium or thorn apple, three times a day.]

153. Phlegm, (see Flegm.)

154. The Piles (to prevent.)

Wash the parts daily with cold water.

[Avoid costiveness, as directed under No. 49.]

155. The Piles (to cure.)

Apply warm treacle :

Or, a poultice of boiled brook-lime. It seldom fails :

Or, varnish. It perfectly cures both the blind and bleeding piles.

Or, fumigate with vinegar, wherein red hot flints have been quenched. This softens even schirrhus tumours.

Take flour of sulphur, half an ounce ; cream of tartar, half an ounce ; conserve of roses an ounce, with syrup enough to make an electuary ; take the bulk of a nutmeg thrice a day, and touch the parts with the following linament. Take burnt cork, two ounces ; digestive ointment, half an ounce ; linseed oil enough to make it into a linament.

156. The inward Piles.

Swallow a pill of pitch, fasting. One pill usually cures the bleeding piles :

Or, eat a large leek, boiled :

Or, take twice a day, as much as lies on a shilling, of the thin skins of walnuts, powdered.

157. Violent bleeding Piles.

Lightly boil juice of nettles, with a little sugar : take two ounces. It seldom needs repeating.

158. The Pleurisy.

A pleurisy is a fever attended with a violent pain in the side, and a pulse remarkably hard.

Use a decoction of nettles ; and apply the boiled herb hot, as a poultice. I never knew it fail.

Or, a plaster of flour of brimstone and white of an egg.

In disorders of this kind, Dr. Huxham advises, " Sip almost continually thin whey, barley-water, or hyssop-tea, sharpened with lemon-juice ; or vinegar and water. If the spitting stop suddenly, take a little vomit. Likewise camphorated vinegar, with syrup of elder or raspberries is good. To appease the cough take often, a little at a time of roasted apples, of strawberries, raspberries, or currants."

There is also a bastard pleurisy, which is an inflammation of the muscles among the ribs, attended with little or no fever. In the true pleurisy the pain is greatest in inspiration, and is most perceived when the unaffected

side is lain on, attended with a constant fever, short cough, and sometimes a spitting of blood ; these symptoms do not attend the bastard pleurisy. This last disorder seldom needs bleeding, as does the true pleurisy ; the work is better done by a vomit and acidulated barley-water. But the pleurisies in North America do not admit of such large bleedings as in Europe, nor can the patients bear such large doses of medicine : the diet in the true pleurisy should be slender, cool and diluting : a bladder filled with warm milk and water, applied to the side, may be renewed when cool : he may drink a decoction of seneca, rattlesnake-root, &c.

There are also pains in the sides, which are from mostly phlegm, and are carried off by warm diluting drinks, where bleeding would be hurtful, especially in the fall of the year.

[Take a tea made of pleurisy root, powdered.]

159. To one Poisoned.

Let one poisoned by arsenic, dissolve a quarter of an ounce of salt of tartar in a pint of water, and drink every quarter of an hour as much as he can, till he is well.

Let one poisoned by opium, take thirty drops of elixir of vitriol, every quarter of an hour, till the drowsiness or wildness ceases :

Or, take a spoonful of lemon-juice, every half hour.

Let one poisoned with mercury sublimate, dissolve an ounce of salt of tartar in a gallon of water, and drink

largely of it. This will entirely destroy the force of the poison, if it be used soon.

Nothing cures the African poison, but a decoction of the roots of the sensitive plant.

160. Polypus in the Nose.

Powder a lump of alum, and snuff it up frequently. Then dissolve powdered alum in brandy : dip lint therein, and apply it at going to bed.

161. A Prick or Cut that festers.

Apply turpentine.

162. Ptyalism.

A continual spitting.

A very violent and stubborn disorder of this kind was cured by chewing perpetually a little dry bread, and swallowing it with the spittle.

[Take a tea made of the spotted geranium. Or, take fifteen grains of chlorate of potash, three times a day, in an ounce of water. This last speedily cures.]

163. An easy Purge.

Drink a pint of warmish water fasting, walking after it :

Or, a soft egg, with a tea-spoonful of salt :

Or, infuse from half a drachm to two drachms of damask rose-leaves dried, in half a pint of warm water, for twelve hours, and take it :

Or, infuse three drachms of senna, and a scruple of salt of tartar, in half a pint of river-water for twelve hours. Then strain and take it in the morning.

Wild-ash is a plant of the very same nature of senna. Its leaves taken in the same quantity purge full as well, and do not gripe as senna does. It is therefore preferable to that which is brought from Turkey or Italy.

The wild-ash is called in the north of England, round-tree, quieken, quick-beam, or wiggan-tree. The leaves should be gathered when the tree is in flower.

164. A stronger Purge.

Drink half a pint of strong decoction of dock-root :

Or, two drachms of the powdered root of monk's rhubarb, with a scruple of ginger.

[Take a teaspoonful of equal parts of powdered jalap and senna, with five grains of powdered cloves.]

165. The Quinsy.

The quinsy is a fever, attended with difficulty of swallowing, and often of breathing.

Apply a large white-bread toast, half an inch thick, dipt in brandy, to the crown of the head, till it dries :

Or, bleed, purge and blister.

[Take three grains of opium with ten grains of calomel.]

166. Quinsy of the Breast.

This is known by a sudden unaccountable pain and difficulty of breathing, seizing a person in the night, or on any violent motion.

Take from eight to twenty drops of laudanum, lying down in bed :

Or, make an issue in the thigh.

167. The Rheumatism.

Rheumatical pains are generally most violent as soon as you are warm in bed.

To prevent. Wear washed wool under the feet.

To cure. Use the cold bath, with rubbing and sweating :

Or, apply warm steams :

Or, rub in warm treacle, and apply to the part brown paper smeared therewith : change it in twelve hours.

Or, drink half a pint of tar-water, morning and evening :

Or, steep six or seven cloves of garlic, in half a pint of white wine. Drink it lying down. It sweats, and frequently cures at once.

Or, take two cloves of garlic, and one drachm of gum ammoniacum ; beat them together in a marble mortar, with a little water, so as to make three boluses. Take one of them night and morning, and drink sassafras tea freely :

Or, mix flour of brimstone with honey, in equal quantities. Take three spoonfuls at night, two in the morning, and one afterwards, morning and evening, till cured. This succeeds oftener than any remedy I have found :

Or, live on new milk-whey and white bread for fourteen days. This has cured in a desperate case :

Or, pound the green stalks of English rhubarb in May or June, with an equal quantity of lump-sugar. Take the quantity of a nutmeg of this three or four times a day. This seldom fails.

In a stubborn rheumatism, let your diet be barley-gruel with currants, roasted apples, fresh whey, and light pudding.

Rub an ounce of camphire, with two ounces of Florence oil, in a mortar, till the camphire be entirely dissolved, to rub the parts affected.

Take of Florence oil, an ounce ; spirit of harts-horn, half an ounce ; shake them together. Pringle says, a flannel moistened with this, and applied to the pained part in rheumatism, or to the throat in quinsy, is generally efficacious.

[If chronic, apply liniment often, equal parts of oil of tar, oil of hemlock, of sassafras, pyroligneous acid, and alcohol. Or, equal parts of turpentine, spirits of hartshorn, and opodeldoe. Apply it three times a day. For Neuralgic Rheumatism, take one seventh of a grain of morphine in a cup of strong coffee without milk or sugar. The same for a twinge of the gout.]

168. To restore the Strength after a Rheumatism.

Make a strong broth of cow-heels, and wash the parts with it warm twice a day. It has restored one who was quite a cripple, having no strength left either in his leg, thigh, or loins.

Or, mix gum guaiacum, (in powder.) with honey or treacle : take two or three tea-spoonfuls, (or as much as you can bear without purging,) twice or thrice a day. This is the best medicine I have met with for the chronic rheumatism :

Or, dissolve one ounce of gum guaiacum in three ounces of spirits of wine. Take sixty or eighty drops on loaf sugar two or three times a day.—This is Dr. Hill's essence of bardana.

Or, drop thirty drops of volatile tincture of guaiacum on a lump of sugar, and take this in a glass of water every four hours. It usually cures in a day.

169. Rickets (to prevent or Cure.)

In the rickets, the child is emaciated, except the head, knees and belly, which are swelled, and the ribs are depressed.

Wash the child every morning in cold water.

170. Ring-Worms.

Vulgarly called tetters.

Apply rotten apples : Or, pounded garlic :

Or, rub them with the juice of house-leek :

Or, wash them with Hungary-water camphorated :

Or, twice a day with oil of sweet almonds and oil of tartar mixed.

[Apply a solution of lunar caustic of the strength of twelve grains to an ounce of water.]

171. A Rupture.

A rupture, if old and irreducible, is to be submitted to, and can only be alleviated by suspension in a bag-truss made of soft linen. If recent, its reduction should be attempted instantly by gentle continued pressure on the part : this is best done by the person's own hands, while his body is thrown into a recumbent posture. If this does not succeed, try the last article under this head, and if the rupture still cannot be replaced, but a considerable degree of pain comes on, with sickness at the stomach, and fever, draw a pint of blood from the arm, and if the person's strength will at all admit it, repeat it again in six hours, take one table-spoonful of castor oil every hour until it works, continue the use of the above mentioned article, and inject a pint of the decoction of mallows or camomile in milk and water, strained and well sweetened with brown sugar as a clyster.

If after twelve or fourteen hours, all these methods fail either to return the rupture or procure stools, and the pain and sickness at the stomach rather increase,

with a beginning restlessness, the case becomes highly alarming and dangerous, and no time is to be lost ; steep a quarter of an ounce of strong tobacco in a pint of boiling water an hour, strain it off and inject it as a clyster. This may cause great sickness and faintness, so as to alarm the by-standers not a little, but is not dangerous, and will frequently succeed when every thing else fails.

After the rupturo is reduced, a well-fitted steel truss should afterwards be always worn, and the omission of it for an hour, while in an erect posture, may be fatal.

It is strongly recommended, in every recent case of this kind, to call in a physician of experience, as early after the accident as possible, as a chirurgical operation may be absolutely necessary to save the person's life. The above directions are intended chiefly for those who cannot be benefitted by the immediate attendance of a physician of skill and reputation, no other should be trusted to in a case of so much importance.

Foment with hot aqua vitæ for two hours.

Or, take agrimony, spleen-wort, Solomon's-scal, strawberry-roots, a handful of each ; pick and wash them well ; stamp, and boil them two hours, in two quarts of white wine, in a vessel close stopt. Strain, and drink a large glass of this every morning, and an hour after, drink another. It commonly cures in a fortnight. A good truss mean time is of great use.

" I place," says Dr. Riviere, " a broad plank sloping from the side of the bed to the ground. On this I lay the patient upon pillows, with his head down-

ward. Then I foment the part for half an hour, with cloths four times doubled, steeped in cold water, gently touching it with my fingers. Afterwards I bind on it, many times doubled, a cloth shaped like a triangle, wet in cold water.—The gut is generally restored to its place in a few hours. If not, I repeat the operation twice a day, and in two or three days the disease is cured."

172. A Rupture in Children.

Keep its bowels open with rhubarb and apply a soft band.

173. A Scald Head.

Apply daily white wine-vinegar :

Or, a little blue ointment.

After the cure, give two or three gentle purges.

If a proper regard was paid to cleanliness in the head and apparel of children, the scald-head would seldom be seen.

[This has sometimes been cured by the application of honey. But the surest remedy is an ointment made of two drachms of ammoniated mercury, ten drops of the oil of tobacco, and one ounce of lard. I have used this for many years, and never knew it fail. It has been sent for several hundred miles by those who have tried it. It should be applied cautiously, and only over a part of the head at a time, as the tobacco is powerful. The hair need not be shaved off.]

174. The Sciatica.

The sciatica is a violent pain in the hip, chiefly in the joint of the thigh-bone.

Is certainly cured by a purge taken in a few hours after it begins :

Or, use cold bathing, and sweat, together with the flesh-brush twice a day :

Or, boil nettles till soft. Foment with the liquor, then apply the herb as a poultice.—I have known this cure a sciatica of forty-five years standing :

Or, apply nettles bruised in a mortar :

Or, a mud made of powdered pitcoal and warm water. This frequently cures sores, weakness of limbs, most disorders of the legs, swelling and stiffness of the joints. It cured a swelling of the elbow-joint, though accompanied with a fistula, arising from a caries of the bone.

[Apply a blister, and spread it over with morphine.]

175. Inflammation or Swelling of the
Scrotum.

Apply lead water.

[Apply a poultice made of five grains of powdered opium, and fifteen grains of calomel, and bread and milk.]

176. A Scorbutic Atrophy.

Such a degree of the scurvy as causes the flesh to waste away like a consumption.

Use cold bathing :—Which also cures all scorbutic pains.

177. Scorbutic Gums.

Wash them daily with a decoction of the Peruvian bark, adding a little tincture of roses, with a solution of myrrh.

Wash them with cold water, then with tincture of red roses, with as much sweet spirit of salt mixed with it as can be conveniently borne : Boerhaave. Or, wash them with tincture of myrrh.

[Apply the wash of soap and camphor, No. 106.]

178. Scorbutic Sores.

A diet-drink.—Put half a pound of fresh shaved lignum guaiacum, (called by the block-makers lignum vitæ,) and half an ounce of senna into an earthen pot that holds six quarts ; add five quarts of soft water and lute the pot close. Set this in a kettle of cold water, and put it over a fire, till it has boiled three hours. Let it stand in the kettle till cold. When it has stood one night, drink daily half a pint, new milk warm, in the morning, fasting and at four in the afternoon. Wash with a little of it. In three months all the sores will be dried up.

179. The Scurvy.

The scurvy is known by heaviness of body, weariness, rottenness of gums, and yellow, lead, or violet-colored spots on the legs or arms.

N. B. A scurvy attended with costiveness, (which is most common,) is termed a hot scurvy : one attended with looseness, a cold scurvy.

Live on turnips for a month :

Or, take tar-water, morning and evening, for three months :

Or, three spoonfuls of nettle-juice every morning :

Or, decoction of burdock. Boil three ounces of the dried root in two quarts of water to three pints. Take half a pint daily : unless it purges too much, if so, take less. A decoction of the leaves, (boiling one leaf four minutes in a quart of water,) has the same effect :

Or, take a cupful of the juice of goose-grass, in a morning, fasting, for a month : it is frequently called hariff, or eleavers. Last year I knew many persons cured by it.

Or, pound into a pulp, of Seville oranges, sliced, rind and all, and powder-sugar, equal quantities. Take a tea-spoonful three or four times a day :

Or, squeeze the juice of half a Seville orange into a pint of milk over the fire. Sweeten the whey with loaf-sugar, and drink it every morning, new milk warm. To make any whey, milk should be skimmed, after it is boiled.

Or, pour three quarts of boiling water, on a quart of ground malt : stir them well, and let the mixture stand covered close, for four hours : strain it off, and use this as common drink in hot weather, brew this fresh every day. It will hardly fail.

Or, take morning and evening, a spoonful or two of lemon-juice and sugar. "It is a precious remedy, and well tried."—Dr. Mackbride.

Water and garden cresses, mustard and juice of scurvy-grass, help in a cold scurvy.

When there is a continual salt taste in the mouth, take a pint of lime-water morning and evening.

180. A Broken Shin.

Bind a dry oak-leaf upon it :

Or, put on a bit of white paper moistened with spit-
tle. It will stay on till the place is well.

This cures a cut also.

181. Shingles.

A kind of a Ring-Worm, which encircles the body like a belt, of an hand's breadth.

Drink sea-water every morning for a week ; toward the close, bathe also ;

Or, apply pounded garlic.

It is necessary that the body should be purged and kept loose, then touch the part twice a-day with the following : Take mustard-seed powdered fine, and best writing ink, as much as will make it into a linament.

182. Sickishness in the Morning.

Eat nothing after six in the evening :

Or, drink half a pint of water impregnated with fixed air.

183. Sinews Shrunk.

Rub them with warm oil.

184. Skin rubbed off.

Apply pounded all-heal.—It seldom needs repeating.
Or, a bit of white paper with spittle.

185. Small-Pox.

Drink largely of toast and water :

Or, let your whole food be milk and water mixed with a little white bread.

Or, milk and apples.

Take care to have a free, pure and cool air. Therefore open the casement every day : only do not let it chill the patient.

“ There may be pustules a second time, coming out and ripening like the small-pox, but it is barely a cutaneous disorder.

“ In violent cases, bleed in the foot ; bathe the legs in warm water, twice or thrice a day, before and at the eruption ; and apply boiled turnips to the feet. Never keep the head too hot.

“ In very low depressed cases, wine may be given : and if the pustules lie buried in the skin, a gentle vomit. In many cases a gentle purge of manna, cream of tartar, or rhubarb.

“ In the crude ichorose small-pox, a dish of coffee now and then, with a little thick milk in it, has often quieted the vexatious cough.

“ After the incrustation is formed, change the sick : but let it be with very dry, warm linen.” Dr. Huxham.

186. A long running Sore in the Back.

Was entirely cured by eating betony in every thing :

Or, take every morning two or three spoonfuls of nettle-juice, and apply nettles bruised in a mortar, to the part. This cures any old sore or ulcer.

187. A Sore Leg.

Bind a diaculum plaster, an inch broad, round the leg, just above the sore, and foment it morning and evening, with hot water-

Any sore is healed by a plaster, of mutton-suet : even though it fester or breed proud flesh.

[Apply the *lime* paste, No. 128.)

188. A Sore Mouth.

Apply the white of an egg beat up with loaf-sugar :

Or, gargle with the juice of cinqueoil :

Or, boil together a pound of treacle, three yolks of eggs, an ounce of bole armoniac, and the quantity of a nutmeg of alum, a quarter of an hour. Apply this to the sore part.

[Apply powdered borax. Or, gargle with a tea made of marsh rosemary.]

189. A Sore Throat.

Take a pint of cold water lying down in bed :

Or, apply a chin-stay of roasted figs :

Or, a flannel sprinkled with spirits of hartshorn to the throat, rubbing Hungary-water on the top of the head.

Or, snuff a little honey up the nose.

An old sore throat was cured by living wholly upon apple and apple-water.

Lay nitre and loaf-sugar mixed on the tongue.

[Same as 188. Or, gargle with equal parts of blood root, gum Arabic, and Cayenne.]

190. A putrid Sore Throat.

Lay on the tongue a lump of sugar dipt in brandy.

This fatal disorder, especially among young children, begins with an ague and sore throat, sometimes a gangrene is begun in the palate, or near it in twelve hours, and it sometimes kills in twenty-four hours; a vomit should be given as soon as the disorder is known, and occasionally repeated, the body kept loose; a gargle used of barley-water and honey, (or honey of roses) and salt petre; and when the gangrene is discovered, the mouth-water should be made as strong as the patient can bear it, with volatile spirits of sal amoniae, or some other volatile spirits; and the little patient often have his mouth washed with it, and solicited to drink barley-water, and take a preparation of the bark.

[Give infusion of roses, acidulated with vinegar or any acid, and made palatable with syrup or sugar. This is excellent in scarlet fever.]

191. A Sprain.

Hold the part in very cold water for two hours :

Or, apply cloths dipt therein, four times doubled, for two hours, changing them as they grow warm :

Or, bathe it in good crab-verjuice :

Or, boil bran in wine-vinegar to a poultice. Apply this warm, and renew it once in twelve hours.

[Bathe it in tincture of arnica.]

192. A venomous Sting.

Apple the juice of honey-suckle leaves :

Or, a poultice of bruised plantain and honey :

Or, take inwardly, one drachm of black currant-leaves powdered. It is an excellent counter-poison.

[Rub the part with fat pork, or apply sweet oil and give it internally.]

193. The Sting of a Bee.

Apply honey.

[Same as No. 192.]

194. Sting of a nettle.

Rub the part with the juice of nettles.

195. Sting of a Wasp.

Rub the part with the bruised leaves of house-leek, water-cresses, or rue :

Or, apply treacle, or sweet oil :
Or, bruised onions, or garlie.

196. Sting of a Bee or Wasp in the Eye.

Apply carduus bruised, with the white of an egg :
renew it if it grows dry.

197. Sting in the Gullet.

Beat well together, with a spoon, some honey and
sweet oil with a little vinegar ; swallow a spoonful every
minute till ease is procured.

198. A Stitch in the Side.

Apply treacle spread on a hot toast.

199. Accidental Sickness, or Pain in the Stomach.

Vomit with a quart of warm water.

[Take walnut leaf tea.]

200. Pain in the Stomach from bad Digestion.

Take fasting, or in the fit, half a pint of camomile-
tea. Do this five or six mornings :

Or, drink the juice of half a large lemon immediately after dinner, every day.—Dr. Mead.

Or, from twenty to forty drops of elixir of vitrol in sage-tea, twice or thrice a-day :

Or, in the fit a glass full of vinegar :

Or, take two or three tea-spoonfuls of stomachic-tincture, in a glass of water, thrice a day.

The tincture is made thus : Gentian-root sliced, one ounce ; orange-peel dried, half an ounce ; cochineal, fifteen grains ; of proof brandy, one pint : in three or four days it is fit for use.—This is useful in all disorders that arise from a relaxed stomach.

[Take one drop of creosote made into pill with crumb of bread, and repeat in an hour, if necessary.]

201. Choleric hot Pains in the Stomach.

Take half a pint of decoction of ground-ivy with a tea-spoonful of the powder of it, five or six mornings.

[Take the same creosote pill as under the above, 200.]

202. Coldness of the Stomach.

Take a spoonful of the syrup of the juice of carduus benedictus, fasting, for three or four mornings :

Or, chew a leaf of carduus every morning, and swallow the spittle.

[Take a teaspoonful of the composition made of powdered ginger, hemlock bark, witch-hazle leaves, and babery bark,

equal parts, with one fifth as much powdered Cayenne pepper in half a teacupful of hot water, sweetened with sugar.]

203. Pain in the Stomach, with Coldness and Wind.

Swallow five or six corns of white pepper, for six or seven mornings.

(Take essence of peppermint, hot.)

204. Stone (to prevent.)

Eat a crust of dry bread every morning.

Or, drink a pint of warm water daily, just before dinner. After discharging one stone, this will prevent the generating of another. Stoop down and raise yourself up again. If you feel pain as if cut through the middle, the pain is not from the stone, but rheumatism. Beware of costiveness. Use no violent diuretics. Mead is a proper drink.

Or, slice a large onion ; pour half a pint of warm water upon it. After it has stood twelve hours, drink the water. Do this every morning till you are well.

[Take two table-spoonfuls of castor oil with one fourth of a grain of morphia, when the pain is severe. If it is rheumatic, take the creosote pill, as named under No. 200, and repeat it in an hour, if necessary.]

205. In a raging Fit.

Beat onions into a pulp and apply them as a poultice, to the back, or to the groin. It gives speedy ease in the most racking pain.

Or, apply heated parsley.

[Take a vapor bath by lying in bed and pouring around you hot vapor, with a pipe made for the purpose, from a vessel of hot water; or, sweat by heated bricks, wet in vinegar or rum.]

206. Stone (to ease or cure.)

Boil half a pound of parsnips in a quart of water. Drink a glass of this, morning and evening, and use no other drink all the day.—It usually cures in six weeks:

“Or, take morning and evening, a tea-spoonful of onions, calcined in a fire-shovel into white ashes, in white wine. An ounce will often dissolve the stone.”

Or, take a tea-spoonful of violet-seed powdered, morning and evening. . It both wastes the stone, and brings it away.

Or, drink largely of water impregnated with fixed air.

Some have been much relieved by drinking a pint of cold water fasting in the morning, and again at bed time at night.

Those who have not a convenient apparatus, may substitute the following method: Dissolve fifteen grains of salt of tartar in six spoonfuls of water, to which add

as much water, acidulated with oil of vitrol, as will neutralize the salt. They are to be gradually mixed with each other, so as to prevent the effervescence or dissipation of the fixed air, as much as possible.

[To ease the pain, take a pill made of half a grain of powdered opium and one drop of creosote, and, if not relieved in an hour, repeat the dose ; or, drink one or two of the common soda powders.]

207. Stone in the Kidneys.

Boil an ounce of common thistle-root, and four draehms of liquorice, in a pint of water. Drink half of it every morning.

[To ease the pain, take seven grains of veratria, dissolve it in one ounce of aleohol, and apply a little of it over the kidneys, both on the back and front ; or, drink freely of warm sage tea.]

208. Stoppage in the Kidneys.

Take decoction, or juice, or syrup of ground-ivy, morning and evening :

Or, half a pint of tar-water. . . .

Or, twelve grains of salt of amber in a little water.

[Drink freely of a tea made of Buehu leaves.]

209. The Stranguary.

Sit over the steam of warm water :

Or, drink largely of decoction of turnips, sweetened with clarified honey :

Or, of warm lemonade :

Or, dissolve half an ounce of saltpetre in a quart of water ; drink a glass of it every hour.

[Take thirty drops of liquor potassa in warm water, every hour ; or, drink a tea of Buchu leaves ; or, a tea of mountain cranberry ; or, of uva ursi.]

210. Sunburn, (smarting.

Wash the face with sage tea.

[Wash the face in a lotion made of sulphate of zinc, four grains to an ounce of soft water ; or, apply cold cream ; or, wash in warm milk and water.]

211. A fresh Surfeit.

Take about a nutmeg of the green tops of wormwood.

[In a surfeit, warm or hot drinks are better than cold ones. A glass of whiskey taken in hot water, or the old fashioned *flip*, is often useful ; or, even a glass of gin or brandy, in hot water.]

212. To stop profuse Sweating.

Mix an ounce of tincture of Peruvian bark, with half an ounce of spirit of vitriol. Take a tea-spoonful morning and night, in a glass of water.

[Take a teaspoonful of syrup in which one drachm of ferrocitrate and quinia have been dissolved, in one and a half ounces of the syrup ; take it three times a day, before eating.]

213. Swelled Glands in the Neck.

Take sea-water every other day.

[Take five grains of the chlorate of potash dissolved in an ounce of hot water, three times a day; and apply to the glands a cataplasm made of six ounces of barley meal, two ounces of fresh hemlock leaves, bruised, with sufficient vinegar. Boil the meal, hemlock and vinegar, and add two drachms of sugar of lead.]

214. Indolent Swellings.

Are often cured by warm steams.

[Paint the swelling over with tincture of iodine, or with a solution of ereosote, twelve drops to an ounce of water. Or, apply an ointment made of red precipate, twenty grains to an ounce of lard.]

215. Soft and flabby Swellings.

Pump cold water on them daily :

Or, use constant frictions : or, proper bandages.

[Use as much friction as the skin will bear, with water made strong with mustard. Or, apply pounded ice in a bladder, a few minutes at a time.]

216. A white Swelling (on the Joints.)

Hold the part half an hour every morning, under a pump or cock. This cures also pains in the joints. It seldom fails.

Or, pour on it daily a stream of warm water :

Or, a stream of cold water one day, and warm the next, and so on by turns :

Use these remedies at first, if possible. It is likewise proper to intermix gentle purges, to prevent a relapse :

Or, boiled nettles.

[Take seven grains of veratria, dissolve it in a few drops of alcohol, and then mix with it one ounce of lard. Rub the swelling with it one hour at a time, gently, three times a day. Where the skin is not broken, this will be very serviceable. It will not do to use it if the skin is broken.]

217. To dissolve white or hard Swellings.

Take white roses, elder-flowers, leaves of fox-glove, and of St. John's-wort, a handful of each: mix them with hog's-lard, and make an ointment.

Or, hold them morning and evening in the steam of vinegar, poured on red hot flints.

[Apply Goulard's Extract of lead, or use the lead plaster. It will have a wonderful effect.]

218. To fasten the Teeth.

Put powdered alum, the quantity of a nutmeg, in a quart of spring water, for twenty-four hours. Then strain and gargle with it :

Or, gargle often with phyllerea-leaves boiled with a little alum in forge-water.

[Gargle with tincture of matioc.]

219. To clean the Teeth.

Rub them with ashes of burnt bread.

[Rub them with soap, camphor and water.]

220. To prevent the Tooth-Ache.

Wash the mouth with cold water every morning, and rinse them after every meal.

[Keep the teeth free from tartar. Have them filled by a good dentist when hollow.]

221. To cure the Tooth-Ache.

Be electrified through the teeth :

Or, apply to the aching tooth an artificial magnet :

Or, rub the cheek a quarter of an hour :

Or, lay roasted parings of turnips, as hot as may be, behind the ear :

Or, put a leaf of betony, bruised, up the nose :

Or, lay bruised or boiled nettles to the cheek :

Or, lay a clove of garlie on the tooth :

Or, hold a slice of apple, slightly boiled, between the teeth.

Or, dissolve a drachm of crude sal ammoniac in two drachms of lemon juice ; wet cotton herein and apply :

Or, keep the feet in warm water, and rub them well with bran, just before bed-time.

The first twenty teeth generally last till the sixth or seventh year. After that, till the fourteenth or fifteenth year, they fall out one by one, and are succeeded by others.

The shedding of the teeth is wisely intended, and brought about in a singular manner. Their hardness will not admit of distention like other parts of the body. Hence, after an enlargement of the jaw-bone, the original teeth are no longer able to fill up the cavities of it. They must stand unsupported by each other, and leave spaces between them. Under the first teeth therefore, is placed a new set, which by constantly pressing upon their roots, rob them of their nourishment, and finally push them out of their sockets.

[Rinse the mouth with lime water. Or, put two drachms of alum into one ounce of nitrous spirit of ether, and apply to the teeth.]

222. Tooth-Ache from cold Air.

Keep the mouth full of warm water.

[Keep out of the cold air as much as possible. Wear a muffler, if you must go out, over the mouth. But the best remedy is to have the decayed tooth either filled or extracted.]

223. Teeth set on Edge.

Rub the tops of the teeth with a dry towel.

There is no such thing as worms in the teeth. Children's using coral, is always useless, often hurtful.

“ All rough and cutting powders destroy the teeth ; so do all common tinctures.

“ Sweetmeats are apt to hurt the teeth, if the mouth be not rinsed after them.—Cracking nuts often breaks off the enamel : so does biting thread in two.

“ Constant use of tooth-picks is a bad practice : constant smoking of tobacco destroys many good sets of teeth.” Mr. Beardmore.

[If people would clean their teeth every day with the wash already named, made of soap, water and camphor, they would have but little trouble with them. This lotion is worth more than all the boasted tooth powders and washes in the market. If they will avoid *sour* things, their teeth will not be set on edge.]

224. Extreme Thirst (without a Fever.)

Drink spring-water, in which a little sal prunellæ is dissolved.

[Where there is no fever, a person is seldom very thirsty ; and if he is, it indicates some indigestion or bilious derangement ; and he should seek a remedy which will correct these. Some gentle cathartic, like half a drachm each of the tincture of jalap and tincture of rhubarb, may be very useful, taken each or every other day.]

225. Pain in the Testicles.

Apply pellitory of the wall beaten up into a poultice, changing it morning and evening.

[Apply the ointment named under No. 175.]

226. Testicles Inflamed.

Boil bean-flour, in three parts water, one part vinegar.

[Apply the ointment as in No. 225. This is an excellent remedy for all these difficulties.]

227. To draw out Thorns, splinters, and Bones.

Apply nettle-roots and salt :

Or, turpentine spread on leather.

[Take iodine one grain, hydriodate of potash grains ten, water three ounces, and apply a little of it three or four times a day to the eye. This, also, removes iron and steel filings.]

228. Thrush.

Little white ulcers in the mouth.

Mix juice of celandine with honey, to the thickness of cream. Infuse a little powdered saffron : let this simmer a while and scum it ; apply it (where needed,) with a feather. At the same time give eight or ten grains of rhubarb ; to a grown person, twenty :

Or, take an ounce of clarified honey ; having scummed off all the dross from it, put in a drachm of rochalum, finely powdered, and stir them well together. Let the child's mouth be rubbed well with this, five or six

times a-day, with a bit of rag tied upon the end of a stick : and even though it be the thorough thrush, it will cure it in a few days. I never knew it fail.

As they generally proceed from too hot a regimen, or the child being deprived of its mother's milk, or from acid humors, the child should be purged. Five grains of rhubarb and thirty of magnesia alba may be rubbed together, and divided into six doses, one of which should be given every four hours. Then take fine honey, an ounce ; borax, a drachm ; burnt alum half a drachm ; rose-water, two drachms : mix them to touch the parts with : Buchan.

[This is often a very troublesome disease, and when attended with aphthous spots and inflammation, it is dangerous.]

229. Tonsils swelled.

Wash them with lavender-water.

[These are very troublesome, especially in children. They are a very certain sign of a *tinge* of scrofula in the system. The usual practice among physicians is to *cut them out*. But this is bad practice, as it is sometimes attended with dangerous hemorrhage, and does no good, as they usually grow again to a more enlarged size. The best treatment is to apply to them a solution of *lunar caustic*, (nitrate of silver) commencing with the wash very weak, only two or three grains to an ounce of water, and gradually using a stronger solution, till a saturated one is employed. Or, use the *caustic potash*. Under either of these caustics the tonsils gradually grow less, till they come

down to the natural size, and *they never grow again*. A solution of borax, or of alum, five or six grains to an ounce of water, or better still, a solution of chlorate of potash, of the same strength, applied to the mouth several times a day, is the best remedy.]

230. Torpor ; or, Numbness of the Limbs.

Use the cold bath, with rubbing and sweating.

[Electricity is a good remedy in this case. Or, apply the tincture of aconite, (monkshood) or the ointment of veratria above named.]

231. Twisting of the Guts.

Use injection of tobacco smoke.

[This disease is now called intersusception, and is rarely cured. Injection of tartar emetic, or a strong decoction of lobelia, is often used, and probably with as much success as that of tobacco.]

232. Tympany ; or, Windy Dropsy.

Use the cold bath with purges intermixt :

Or, mix the juice of leeks and of elder. Take two or three spoonfuls of this, morning and evening :

Or, eat a few parched peas every hour.

[Take manna one ounce, aniseseed one drachm, boiling water eight ounces or half a pint, mix, and let it stand half an hour ; strain, and add three drams of the carbonate of magnesia. Dose, a wine-glassful every two hours, till it operates.]

233. A Vein or Sinew cut.

Apply the inner green rind of hazel fresh scraped.

[Apply a strong decoction or tincture of matico. It will stop bleeding quicker than any other astringent.]

234. The Vertigo, or Swimming in the Head.

Take a vomit or two :

Or, use the cold bath for a month :

Or, in a May morning, about sun-rise, snuff up daily the dew that is on the mallow-leaves :

Or, apply to the top of the head, shaven, a plaster of flour of brimstone, and whites of eggs :

Or, take every morning half a drachm of mustard-seed :

Or, mix together one part of salt of tartar, with three parts of cream of tartar. Take a tea-spoonful in a glass of water, every morning, fasting. This is serviceable when the vertigo springs from acid, tough phlegm in the stomach.

[Where this is troublesome about "the change of life," much may be done by using a spare and chiefly vegetable diet, and keeping the bowels gently open by chewing daily a little rhubarb, or taking a little extract of butternut.]

235. Vigilia, Inability to Sleep.

Apply to the forehead, for two hours, cloths four times doubled and dipt in cold water. I have known

this applied to a lying-in woman, and her life saved thereby :

Or, take a grain or two of camphire.

Assafoetida, from ten to thirty grains, likewise will in most cases answer.

[Take a tea made of dried lettuce, or tincture of hops in teaspoonful doses. Or, take a grain of powdered opium, or one quarter of a grain of morphia, at bed time.]

236. Bite of a Viper or Rattle-Snake.

Apply bruised garlic :

Or, rub the place immediately with common oil.—
Quere, Would not the same cure the bite of a mad dog?
Would it not be worth while to make the trial on a dog?

Or, take a quantity of hore-hound, bruise it well in a mortar, and squeeze out the juice ; likewise plantain in like manner : a table-spoonful of these liquids mixed together in equal quantities, is to be taken every three hours till the infection is done, and the beaten herbs are for a poultice to the part, having first cleansed it well :

Or, apply the liver and guts of the serpent to the wound. Good in the bite of any serpent.

[Drink freely of alcohol.]

237. To prevent the Bite of a Viper.

Rub the hands with the juice of radishes.

[Or, apply alcohol mixed with varnish.]

238. An Ulcer.

Dry and powder a walnut-leaf, and strew it on, and lay another walnut-leaf on that :

Or, boil walnut-tree leaves in water with a little sugar. Apply a cloth dipt in this, ehanging it once in two days. This has done wonders.

Or, foment morning and evening with a decoction of walnut-tree leaves, and bind the leaves on. This has eured foul bones ; yea, and a leprosy. .

[Too much cannot be said in praise of walnut leaves. They are very cleansing to all sores, and strengthening for a drink.]

239. Ulcer in the Bladder or Kidneys.

Take a decoction of agrimony thriee a-day :

Or, decoction, powder, or syrup of horse-tail.

[Drink freely of a strong decoction of quince cores. Or, take twenty drops balsam of copaiva in sugared water, three times a day.]

240. Ulcer in the Gum or Jaw.

Apply honey of roses sharpened with spirit of vitriol ;

Or, fill the whites of eggs boiled hard and slit, with myrrh and sugar-eandy powdered. Tie them up, and hang them on sticks lying across a glass. A liquid distills, with which anoint the sores often in a day.

[Apply the walnut leaf tea, or a strong solution of chlo-rate of potash, often.]

241. A Fistulous Ulcer.

Apply wood-betony bruised, changing it daily.

[Inject the walnut leaf tea, often.]

242. A Bleeding varicous Ulcer in the Leg.

Was cured only by constant cold bathing.

[Apply a strong decoction of matico, cold. Or, the chalk paste already named for a sore leg.]

243. A malignant Ulcer.

Foment morning and evening, with a decoction of mint. Then sprinkle on it finely powdered rue :

Or, burn to ashes (but not too long,) the gross stalk on which the red coleworts grow. Make a plaster with this and fresh butter. Change it once a day :

Or, apply a poultice of boiled parsnips. This will cure even when the bone is foul :

Or, be electrified daily.

[Or, apply powdered blood-root alone, or mixed with one eighth part of sulphate of zinc.]

244. An easy and safe Vomit.

Pour a dish of tea on twenty grains of ipecacuanha. You may sweeten it if you please. When it has stood four or five minutes, pour the tea clear off, and drink it.

[Take a teaspoonful of equal parts of powdered lobelia, ipicac, and blood-root, in half a tea-cup of hot water.]

245. To stop Vomiting.

Apply a large onion slit across the grain, to the pit of the stomach :

Or, take a spoonful of lemon-juice and six grains of salt of tartar.

[Or, drink walnut leaf tea. Or, take a drop of creosote, or a grain of powdered opium made into a pill, with a crumb of bread.]

246. Bloody Urine.

Take twice a-day a pint of decoction of agrimony :

Or, of decoction of yarrow.

[Drink a tea made of quince cores.]

247. Urine by Drops with Heat and Pain.

Drink nothing but lemonade :

Or, beat up the pulp of five or six roasted apples with near a quart of water. Take it at lying down. It commonly cures before morning.

[Take sweet spirits of nitre in a dose of a teaspoonful often. Or, drink a tea made of uvi ursi, or of winter green.]

248. Involuntary Urine.

Use the cold bath :

Or, take a spoonful of powdered agrimony in a little water, morning and evening :

Or, a quarter of a pint of alum posset-drink every night:

Or, foment with rose-leaves and plantain-leaves, boiled in a smith's forge-water. Then apply plasters of alum and bole armoniac, made up of oil and vinegar :

Or, apply a blister to the os sacrum. This seldom fails.

[Take camphorated tincture of opium, or paragoric, half a table-spoonful at a dose, often. Or, benzoic acid.]

249. Sharp Urine.

Take two spoonfuls of fresh juice of ground-ivy.

250. Suppression of Urine.

Is sometimes relieved by bleeding :

Or, drink largely of warm lemonade :

Or, a scruple of nitre, every two hours :

Or, take a spoonful of juice of lemons sweetened with syrup of violets.

[Apply cloths wrung out of a decoction of foxglove to the belly. Or, to a pint of gin put an ounce of powdered cubebs, and an ounce of pleurisy root, and let it steep seven days. Drink often a wineglassful of it.]

251. Uvula inflamed.

This is usually called the palate of the mouth.

Gargle with a decoction of beaten hemp-seed :

Or, with a decoction of dandelion :

Or, touch it frequently with camphorated spirits of wine.

[Apply a solution of lunar caustic forty grains to an ounce of water. Or, a strong solution of chlorate of potash.]

252. Uvula relaxed.

Bruise the veins of a cabbage-leaf, and lay it hot on the crown of the head: repeat, if needed, in two hours. I never knew it fail.

Or, gargle with an infusion of mustard-seed.

[Gargle with tincture of iodine, four drops to a tumbler of water. Or, with a strong tincture of blood-root. Or with the solution of chlorate of potash, as above.]

253. Warts.

Rub them daily with a radish :

Or, with juice of marigold-flowers : it will hardly fail:

Or, water in which sal armoniac is dissolved :

Or, apply bruised purslain as a poultice, changing it twice a day. It cures in seven or eight days.

[Apply the juice of poke berries, or wash them in a tea made of the poke root. Or, apply a plaster of tar.]

254. Weakness in the Ankles.

Hold them in cold water a quarter of an hour morning and evening.

[The following is used by pugilists, when their ankles or wrists are weak : spirits of thyme one ounce, oil of turpentine five ounces, opodeldoc two ounces, joint oil two ounces, old vinegar four ounces, half a gill of brandy. Mix these well, and rub the painful or weak part three or four times a day.]

255. A soft Wen.

Wrap leaves of sorrel in a wet paper, and roast them in the embers. Mix it with finely sifted ashes into a poultice. Apply this warm daily.

Dr. Riviere says, " I cured a wen as big as a large fist, thus : I made an instrument of hard wood, like the stone with which the painters grind their colours on a marble. With this I rubbed it half an hour twice a day. Then I laid on a suppurating plaster very hot which I kept on four or five days. The wen suppurated and was opened. Afterwards all the substance of it turned into matter, and was evacuated. Thus I have cured many since."

256. The Whites.

Live chastly. Feed sparingly. Use exercise constantly. Sleep moderately, but never lying on your back.

Or, boil four or five leaves of the white holy-oak in a pint of milk with a little sugar. Then add a teaspoonful of balm of Gilead. Drink this every morning.—It rarely fails.

Or, make Venico turpentine, flour, and fine sugar, equal quantities, into small pills. Take three or four of these morning and evening. This also cures most pains in the back :

Or, take yellow rosin, powdered, one ounce ; conserve of roses, half an ounce ; powdered rhubarb, three drachms ; syrup, a sufficient quantity to make an electuary. Take a large tea-spoonful of this twice a day, in a cup of comfrey-root tea.

Or, in a quarter of a pint of water wherein three drachms of tamarinds and a drachm of lentish-wood has been boiled : when cold, infuse senna, one drachm, eorinder-seed and liquorice a drachm and a half of each. Let them stand all night. Strain the liquor in the morning, and drink it daily two hours before breakfast.

[Inject three times a day the following : balsam copaiva five drachms, one yolk of egg, one grain of gummy extract of opium, water six ounces or one gill and a half.]

257. A Whitlow.

Apply treacle :

Or, honey and flour :

Or, a poultice of chewed bread. Shift it once a day:

Or, a poultice of powdered pit-coal, and warm water.

[Hold the finger in strong hot ley. Or, apply early to an honest surgeon, and have it cut open ; and be not afraid of its being cut *too deep*.]

258. Worms.

A child may be known to have the worms, by chillness, paleness, hollow eyes, itching at the nose, starting in sleep, and an unusual stinking breath.—Worms are never found in children that live wholly upon milk.

Take two tea-spoonfuls of brandy sweetened with loaf sugar.

Or, a spoonful of juice of lemons : or two spoonfuls of nettle-juice :

Or, boil four ounces of quicksilver an hour in a quart of clear water. Pour it off and bottle it up. You may use the same quicksilver again and again. Use this for common drink : or at least night and morning, for a week or two. Then purge off the dead worms with fifteen or sixteen grains of jalap.

Or, take two tea-spoonfuls of worm seed, mixed with treacle, for six mornings :

Or, one, two, or three drachms of powdered fern-root, boiled in mead. This kills both the flat and round worms. Repeat the medicine from time to time.

Or, dissolve an ounce of hepatic aloes, in a pint of strong decoction of rue. Take a tea-spoonful or two, in a morning fasting. This destroys both round worms, and ascarides :

Or, give one tea-spoonful of syrup of bear's-foot at bed time, and one or two in the morning for two or three succeeding days, to children between two and six years of age ; regulating the dose according to the strength of the patient.

Syrup of bear's-foot is made thus :—Sprinkle the green leaves with vinegar, stamp and strain out the juice, and add to it a sufficient quantity of coarse sugar. This is the most powerful medicine for long round worms.

Bruising the green leaves of bear's-foot, and smelling often at them, sometimes expels worms :

Or, mix and reduce to a fine powder, equal parts of rhubarb, scammony, and calomel, with as much double refined sugar, as is equal to the weight of all the other ingredients. The dose for a child, is from six grains to twelve, once or twice a week. An adult may take from twenty grains to forty, for a dose.

Or, boil half an ounce of aloes, powdered, with a few sprigs of rue, wormwood, and camomile, in half a pint of gall, to the consistency of a plaster : spread this on thin leather, and apply it to the stomach, changing it every twelve hours, for three days ; then take fifteen grains of jalap, and it will bring vast quantities of worms away, some burst and some alive. This will cure, when no internal medicine avails.

Or, take ten grains of camomile, thirty grains of rhubarb, and as much finely powdered chalk, or oyster-shells, for six powders when rubbed together ; one to be taken every morning, noon, and night ; for a child five years

old. Keep him from cold water. Take two drachms of quicksilver, boil it in half a pint of water till half is consumed, pour off the liquor and give him half a table-spoonful thrice a day, and lay by the quicksilver.

259. Wounds.

If you have not an honest Surgeon at
Hand,

'Apply juice or powder of yarrow :

Or, bind leaves of ground-ivy upon it :

Or, wood-betony bruised. This quickly heals even cut veins and sinews, and draws out thorns and splinters:

Or, keep the part in cold water for an hour, keeping the wound closed with your thumb. Then bind on the thin skin of an egg-shell for days or weeks, till it falls off itself. Regard not, though it prick or shoot for a time.

260. Inward Wounds.

Infuse yarrow twelve hours in warm water. Take a cup of this four times a day.

261. Putrid Wounds.

Wash them morning and evening with warm decoction of agrimony. If they heal too soon, and a matter gathers underneath, apply a poultice of the leaves pounded, changing them once a day till well :

Or, apply a carrot-poultice ; but if a gangrene comes on, apply a wheat-flour poultice, (after it has been by

the fire, till it begins to ferment,) nearly cold. It will not fail.

One of the best poultices for separating or suppurating, will be found to be made of biscuit of fine wheat flour, boiled in milk : and most additions or refinements on it only lessen its value : sometimes it may be proper to touch it over with a little sweet oil or fresh butter ; and in extreme pain, in other cases, with liquid laudanum.

262. Wounded Tendons.

Boil comfrey-roots to a thick mucilage or jelly, and apply this as a poultice, changing it once a day.

263. To open a Wound that is closed too soon.

Apply bruised centaury.

264. Daffy's Elixir.

Take of the best senna, guaiacum, liquorice sliced small, aniseeds, coriander-seeds, and elicampane-root, each half an ounce ; raisins of the sun, stoned, a quarter of a pound : let them all be bruised, and put into a quart of the best brandy. Let it stand by the fire for a few days, then strain it.

265. Turlington's Balsam.

Take of balsam of Peru, balsam of Tolu, Angelica-root, and calamus-root, of each half an ounce ; gum storax in tears, and dragon's-blood, of each one ounce ; gum Ben-

jamin, an ounce and a half; hepatic aloes and frankincense, of each two drachms; let the roots be sliced thin, and the gums bruised; and put all the ingredients into a quart of spirits of wine; set the bottle by the fire in a moderate heat for eight or ten days, then strain it for use.

This is indeed a most excellent medicine, for man or beast, and for any fresh wound. I know of none like it.

266. Stoughton's Drops.

Take gentian-root, one ounce; cochineal and saffron, one drachm; rhubarb, two drachms; the lesser cardamon-seed, grains of paradise, zedoary, snake-root, of each half an ounce; galengale one ounce; slice the roots, and bruise the seeds; then infuse them in a quart of the best brandy, and add the rinds of four Seville oranges. When it has stood eight days, clear it off; and put a pint and a half more of brandy to the same ingredients till their virtue is drawn out. This is greatly helpful in disorders of the stomach.

267. Dr. James's Powders.

Instead of giving half a crown a packet for these powders, you may, at any druggist's, get Dr. Hardwick's fever-powder, for a shilling an ounce, (if it be not the same,) will answer just the same end.

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